

GRADE 3

<u>Standard</u>	<u>Benchmarks</u>	<u>Content/Assessment</u>
<p>1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)</p>	<p>1. Students will demonstrate mature form in all locomotor and nonlocomotor skills.</p>	<ul style="list-style-type: none"> • Combine three locomotor skills (e.g., hop, skip, and jump) to develop a sequence. • Experience a forward, backward, shoulder or straddle roll. • Demonstrates jumping a self turned rope 10+ times in a row.
	<p>2. Students will demonstrate an understanding the elements of dance.</p>	<ul style="list-style-type: none"> • Creates a dance sequence. • Performs a mixer dance. • Performs rhythmic activities with different tempos. • Demonstrate basic locomotor and non-locomotor movements in musical or rhythmic context (circle dance, line dance, a student created dance and movement to tempo).
	<p>3. Students will demonstrate dynamic and static balance in a variety of activities.</p>	<ul style="list-style-type: none"> • Demonstrates a counterbalance with a partner. • Balances in an inverted position. • Walks forward on stilts. • Walks the length of the balance beam.
	<p>4. Students will develop manipulative skills in game situations.</p>	<ul style="list-style-type: none"> • Plays “Keep It Up” with a partner. • Participates in “Dribble Tag.” • Demonstrate proper grip on a floor hockey stick. • Demonstrate technically correct overhand throw (criteria: minimum of 5 yards, dominant hand, stepping with opposite foot). • Demonstrate proper catching technique (criteria: catching the ball and absorbing force without trapping). • Demonstrate dribbling a ball with feet with proper form. • Demonstrate passing and trapping skills with feet with proper form. • Demonstrate dribble with dominant hand while walking. • Demonstrate striking skills with an implement.
<p>2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)</p>	<p>1. Students will learn to focus on important cues and adjust movement to specific situations.</p>	<ul style="list-style-type: none"> • Aligns body in the pathway of the ball when receiving a pass. • Focuses on the rope striking the floor when entering the front door of a long rope. • Focuses on the beat of the music, when performing a simple dance.

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	2. Students will use feedback to improve performance.	<ul style="list-style-type: none"> Keeps elbow up when shooting a free throw. Follows through upon completion of skill (e.g., tennis racquet follow through, softball pitch follow through). Increases force to increase speed (e.g., throwing a runner out at a base). Uses checklists to assess a skill.
	3. Students will identify major bones and muscles.	<ul style="list-style-type: none"> Identifies major bones of arms and legs (e.g., femur, tibia, fibula, radius, ulna, humerus). Identifies major bones of head and trunk (e.g., cranium, mandible, ribs, sternum, clavicle, spine). Identifies major muscles of arms and legs (e.g., biceps, triceps, hamstrings, quadriceps, Gastrocnemius/calf). Identifies major muscles of trunk (e.g., gluteus maximums, hip flexors, abdominals, pectorals, latissimus dorsi).
	4. Students will recognize the fitness components.	<ul style="list-style-type: none"> Identifies flexibility as a component of health related fitness Identifies muscular endurance as a component of health related fitness. Identifies muscular strength as a component of health related fitness. Identifies cardio-respiratory endurance as a component of health related fitness.
3. Participates regularly in physical activity. (Physical Activity)	1. Students will identify opportunities to be physically active outside of the school setting.	<ul style="list-style-type: none"> Names activities/opportunities to be physically active outside of school.
	2. Students will experience and express pleasure from daily participation in physical activity.	<ul style="list-style-type: none"> Student can name physical activities they enjoy outside of the school day.
	3. Students will engage in moderate to vigorous activity.	<ul style="list-style-type: none"> Participates in continuous tag games. Participates in continuous “relay” type activities. Participates in circuit stations.
4. Achieves and maintains a health-enhancing level of fitness.	1. Students will participate in moderate to vigorous physical activity.	<ul style="list-style-type: none"> Participates in a continuous team lead-up game without stopping. Plays tag games that involve strategy. Skates continuously for 10-15 minutes.

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	2. Students will identify the physiological indicators that accompany moderate to vigorous activity.	<ul style="list-style-type: none"> • Recognizes that some people sweat more than others. • Recognizes that muscles grow in comparison to work. • Recognizes that lung capacity increases with a variety of aerobic activities.
	3. Students will identify personal (fitness-component) strengths and weaknesses using a National Fitness Test.	<ul style="list-style-type: none"> • Runs 1/2 or 1 mile and compares own score with nationally recommended score. • Measure personal agility, flexibility, cardiorespiratory, upper body strength and abdominal strength. • Use criteria to identify personal fitness area(s) for improvement. • Create a daily fitness plan to identify and set personal goals for improvement. • Participate in the self-designed, daily fitness plan and log the experience for 2-5 weeks.
5. Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)	1. Students will apply rules, procedures, etiquette, and safe practices with little or no reinforcement.	<ul style="list-style-type: none"> •
	2. Students will work cooperatively with a partner or small group.	<ul style="list-style-type: none"> • Cooperatively works with small group to complete assigned task. • Partners cooperatively check off each other's skills. • Turns a long rope appropriately for skill level of jumper. • Cooperates and treats others with respect during physical activities. • Demonstrate appropriate cooperative participation. • Behave in a manner that does not distract others.
	3. Students will apply conflict resolution skills with little or no reinforcement.	<ul style="list-style-type: none"> • Responds appropriately to peer when questioned about rule infraction. • Quickly corrects inappropriate actions on first reminder by teacher. • Compromises with peers. • Describes positive ways to solve problems. • Manage conflict appropriately. • Continue to try despite frustration.

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6. Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)	1. Students will experience enjoyment while participating in physical activity.	<ul style="list-style-type: none"> • Participates in activities without hesitation. • Maintains a high level of participation during the class period. • Can identify favorite activities or games played in physical education.
	2. Students will accept the feelings resulting from challenges, successes, and failures in physical activity.	<ul style="list-style-type: none"> • Acknowledge other students for their achievements in physical education class. • Keeps participating no matter the outcome of a particular activity (e.g., relay games). • Does not exploit success in front of the class or others. • Accepts winning and losing graciously. • Demonstrates appropriate competitive participation.
	3. Students will demonstrate the ability to play with others regardless of differences (e.g., gender, ethnicity, disability).	<ul style="list-style-type: none"> • Demonstrates patience by letting all the people in class participate. • Recognizes that people have different preferences and abilities in physical activities.
	4. Students will interact appropriately with peers while participating in group activities.	<ul style="list-style-type: none"> • Knows the rules to the activity or game and follows them to the best of their ability. • Recognizes the differences in the group and gives everyone an opportunity to participate. • Interacts with others by helping with their physical activity challenges.