

### 3rd Grade PE Essential Learning: Year at a Glance 20-21

STANDARD	DESCRIPTION	Q1	Q2	Q3	Q4
PE.3.C.2.1	Identify the importance of purposeful movement and its impact on quality of performance.				
PE.3.C.2.2:	Understand safety rules and procedures for selected physical activities.	X	X	X	X
PE.3.C.2.3:	Understand that technology can be utilized to gather information about performance.				
PE.3.C.2.4:	Identify and explain different items that can be used for assisting in a water-related emergency.				X
PE.3.C.2.5:	Explain how appropriate practice improves performance of movement skills.		X	X	X
PE.3.C.2.6:	Analyze peer performance and provide feedback.				
PE.3.C.2.7:	Identify the reasons for warm up and cool down.	X	X		
PE.3.C.2.8:	Describe basic offensive and defensive tactics.		X	X	
PE.3.L.3.1:	Identify a moderate physical activity.		X	X	
PE.3.L.3.2:	Identify a vigorous physical activity.		X	X	
PE.3.L.3.3:	Identify opportunities for involvement in physical activities during the school day.				
PE.4.L.3.4:	Identify opportunities for involvement in physical activities after the school day.				
PE.3.L.3.5:	Use an activity log to maintain a personal record of participation in physical activity over a period of time.				

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<b>PE.3.L.3.6:</b>	Identify lifestyle changes that can be made to increase the level of physical activity.				
<b>PE.3.L.3.7:</b>	Differentiate between the correct and incorrect way to fit a bicycle helmet.				
<b>PE.3.L.4.1:</b>	Describe how muscular strength and endurance enhance performance in physical activities.				