

Physical Education in Third Grade

Concepts and Skills Introduced in Quarter 1

- Understand safety rules and procedures for selected physical activities. (All Year)
- Identify the reasons for warm up and cool down.
- Apply locomotor skills in a variety of movement settings.
- List ways to work cooperatively with peers of differing skill levels. (All Year)
- List ways to show respect for the views of a peer from a different cultural background.
- Describe ways to utilize equipment safely during physical activities. (All Year)
- Appreciate the good physical performance of others. (All Year)
- Identify ways to celebrate one's own physical accomplishments while displaying sportsmanship. (All Year)

Concepts and Skills Introduced Quarter 2

- Explain how appropriate practice improves performance of movement skills.
- Describe basic offensive and defensive tactics.
- Identify a moderate physical activity.
- Identify a vigorous physical activity.
- Read food labels for specific nutrition facts.
- Strike a stationary object from a stationary position using body parts so the object travels in the intended direction at the desired height.
- Strike an object using a paddle/racquet demonstrating correct technique of a forehand pattern.
- Maintain control while dribbling with hands or feet against a defender.
- Move in different directions to catch objects of different sizes and weights thrown by a stationary partner.
- Throw balls of various sizes & weights to a stationary partner using a correct overhand motion.
- Perform a teacher-designed sequence using manipulatives.
- Seek personally challenging physical activity experiences.
- List healthy options to health-related issues or problems.

Concepts and Skills Introduced Quarter 3

- Identify/Discuss/Describe/ the components of health-related physical fitness.
- Identify appropriate physical activities that result in the development of cardiorespiratory endurance.
- Identify ways to safely stretch major muscle groups.
- Identify principles of physical fitness.
- Continuously jump a self-turned rope.
- Select a personal health goal and track progress toward achievement.

Concepts and Skills Introduced Quarter 4

- Identify/explain different items that can be used for assisting in a water-related emergency.

