



Physical Education
Third Grade

1.0 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 1.1 Develops basic form in object control skills.
- 1.2 Develops basic sport-specific skills for a variety of physical activities.
- 1.3 Develops basic form and appropriate sequence in a combination of fundamental and rhythmic loco- motor movements.
- 1.4 Uses control in balance activities on a variety of body parts.

2.0 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

- 2.1 Exhibits the ability to adjust movement skills
- 2.2 Understands principles of practice and conditioning that improve performance.

3.0 The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health- enhancing level of physical activity and fitness.

- 3.1 Participates in activities that develop and maintain cardio-respiratory endurance.
- 3.2 Works to develop and maintain flexibility.

4.0 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- 4.1 Understands the elements of socially acceptable conflict resolution in physical activity settings.

5.0 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self- expression and/or social interaction.

5.1 Understands the role of physical activities in learning more about others of like and different backgrounds.