
Physical Education: Grade 3

To a greater extent than in the core academic subjects, Physical Education teachers must integrate personal and social skill development as part of a student's achievement of the content standards. Consequently, the presentation of the Physical Education Standards is preceded by a list of complementary Personal and Social Development Skills (PESK) standards. Including PESK standards as part of teaching, learning and assessment in Physical Education is critical in promoting lifelong, healthy physical activity and in realizing the wide range of benefits associated with participation in dance, sports, games, and other physical activities.

Strand:

PESK Personal and Social Development Skills

Essential Understanding: **3PESK:** Physical activity provides opportunities for self expression and social development and interaction.

The student will:

Standards: **3PESK1:** participate fully and communicate cooperatively with others;
 3PESK2: perform activities safely and follow rules of etiquette and ethical behavior;
 3PESK3: display age appropriate self-control and discipline;
 3PESK4: display a willingness to receive and use feedback to improve performance;
 3PESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities;
 3PESK6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction;
 3PESK7: display an interest in and assist and encourage others' efforts;
 3PESK8: display behaviors that are supportive and inclusive;
 3PESK9: self-initiate behaviors that contribute to personal and partner/group effort;
 3PESK10: adjust behavior to prevent/reconcile conflicts.

Strand:

PE1 Motor Skills and Movement Patterns

Essential Understanding: **3PE1** Competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity.

The student will:

Standards: **3PE1a:** combine locomotor, nonlocomotor, and manipulative skills to perform a variety of coordinated movements;
 3PE1b: demonstrate eye-hand and eye-foot coordination skills using a ball and/or other objects and including following through toward a target;
 3PE1c: perform with manipulative and locomotor or nonlocomotor movements to a rhythmic beat;
 3PE1d: participate in games that involve simple ball-handling skills, running activities, and rhythmic patterns;

- 3PE1e:** support weight on hands, demonstrating extension and control (e.g., cartwheels and handstands);
- 3PE1f:** identify terminology that describes a wide variety of fundamental motor skills and patterns;
- 3PE1g:** seek feedback to improve performance;
- 3PE1h:** explain the importance of practice, attention, and effort in improving movement skills;
- 3PE1i:** explain the importance of game rules and safety procedures; and
- 3PE1j:** select and use appropriate protective equipment for preventing injuries (e.g., helmets, elbow/kneepads, wrist guards, proper shoes, and clothing).

Strand:

PE2 Physical Activity and Fitness

Essential Understanding:

- 3PE2** Balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness.

The student will:

Standards:

- 3PE2a:** participate regularly in moderate-to-vigorous physical activities during physical education class and recess;
- 3PE2b:** engage in a variety of physical activities to develop and measure individual aerobic capacity using a heart-rate monitor to display heart-rate data;
- 3PE2c:** employ warm-up and cool-down procedures correctly before and after activity;
- 3PE2d:** engage in a variety of activities that develop muscular strength and endurance (e.g., modified pull-ups, trunk lifts, modified curl-ups);
- 3PE2e:** engage in a variety of activities that develop flexibility;
- 3PE2f:** demonstrate muscular tension and relaxation of the hands, shoulders, feet, and stomach;
- 3PE2g:** name leisure-time physical activities that promote cardio-respiratory endurance;
- 3PE2h:** measure levels of health-related fitness components using simple informal assessments; and
- 3PE2i:** monitor individual changes in the body and the need for water replenishment during moderate-to-vigorous physical activities.