

## Physical Education: Grade 3

To a greater extent than in the core academic subjects, Physical Education teachers must infuse personal and social skill development in helping students meet and exceed the content standards. Consequently, the presentation of the Physical Education Standards is preceded by a list of complementary Personal and Social Development Skills (PESK). Including the PESK components in teaching the Physical Education standards 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** The student applies responsible personal and social development skills in a physical activity setting. In Grade 3 all students will:

Standards:

- PESK1:** participate fully and communicate cooperatively with others;
- PESK2:** perform activities safely and follow rules of etiquette and ethical behavior;
- PESK3:** display age appropriate self-control and discipline;
- PESK4:** display a willingness to receive and use feedback to improve performance;
- PESK5:** accept the decisions of and respond positively to teachers/officials in charge of games/activities;
- PESL6:** choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction;
- PESK7:** display an interest in and assist and encourage others' efforts;
- PESK8:** display behaviors that are supportive and inclusive;
- PESK9:** self-initiate behaviors that contribute to personal and partner/group effort;
- PESK10:** adjust behavior to prevent/reconcile conflicts.

Strand:

**PE1 Motor Skills and Movement Patterns** Competency in motor skills and movement patterns is needed to perform a variety of physical activities. In Grade 3 all students will:

Standards:

- PE1a:** combine locomotor, nonlocomotor, and manipulative skills to perform a variety of coordinated movements;
- PE1b:** demonstrate eye-hand and eye-foot coordination skills using a ball and/or other objects and including following through toward a target;
- PE1c:** perform with manipulative and locomotor or nonlocomotor movements to a rhythmic beat;
- PE1d:** participate in games that involve simple ball-handling skills, running activities, and rhythmic patterns;
- PE1e:** support weight on hands, demonstrating extension and control (e.g., cartwheels and handstands);
- PE1f:** identify terminology that describes a wide variety of fundamental motor skills and patterns;
- PE1g:** seek feedback to improve performance;
- PE1h:** explain the importance of practice, attention, and effort in improving movement skills;

- PE1i:** explain the importance of game rules and safety procedures; and
- PE1j:** 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**

A physically active lifestyle is essential to maintain a health-enhancing level of physical fitness. In Grade 3 all students will:

Standards:

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