

## Physical Education: Grade 3

### Personal & Social Development Skills

- Participates fully and communicates cooperatively with others
- Follows rules of etiquette and ethical behavior
- Displays age-appropriate self-control and discipline
- Uses feedback to improve performance
- Accepts the decisions of those teachers or officials in charge
- Chooses healthful physical activities
- Encourages the efforts of others
- Displays supportive/inclusive behaviors
- Self-initiates contributions to personal and partner/group effort
- Adjusts behavior to prevent/reconcile conflicts

### Motor Skills & Movement Patterns

- Performs a variety of coordinated movements
- Participates in games that involve simple ball-handling, running activities, and rhythmic patterns
- Supports weight on hands
- Identifies terminology that describes fundamental motor skills
- Seeks feedback to improve performance
- Explains the importance of practice, attention, and effort
- Explains importance of game rules and safety procedures

### Physical Activity & Fitness

- Engages in a variety of activities to develop and measure individual aerobic capacity
- Uses warm-up and cool-down procedures correctly
- Engages in a variety of activities that develop flexibility
- Demonstrates muscular tension and relaxation of hands, shoulders, feet, and stomach
- Names activities that promote cardio-respiratory endurance
- Measures fitness components using informal assessments