

# Grades 3-5

## Physical Competence 1

### 1 Students will demonstrate proficiency in motor skills and movement patterns needed to perform a variety of activities. 1.1

- C1 I can combine various locomotor and non-locomotor skills and manipulative skills within activities (small-sided activities and for skills requiring accuracy to a target). 1.1.C1
  - C2 I can demonstrate emerging patterns of passing with the hands and feet, volleying, and striking with implements. 1.1.C2
  - D1 I can determine force, distance, and height needed for accuracy with basic manipulative skills. 1.1.D1
  - D2 I can combine traveling with manipulative skills in a mature pattern. 1.1.D2
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### 2 Students will apply the knowledge of concepts, principles, strategies, and tactics related to movement and performance. 1.2

- C1 I can recognize spatial needs, pathways, directions, and speed as instructed by the teacher (movement concepts). 1.2.C1
  - C2 I can determine my path and speed for running and fleeing activities. 1.2.C2
  - D1 I can apply spatial and movement concepts for strategy in games and activities. 1.2.D1
  - D2 I can analyze game/activity situations for needed movement concepts. 1.2.D2
  - D3 I can apply basic offensive and defensive strategies and tactics in various games and activities. 1.2.D3
  - D4 I can recognize the type of manipulative skills needed for different games and activities. 1.2.D4
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## Knowledge and Understanding 2

### 1 Students will demonstrate physical literacy needed to achieve and maintain a health-enhancing level of physical activity. 2.1

- C1 I can describe the concept of fitness and provide examples of how physical activity enhances health. 2.1.C
  - D I can differentiate between skill-related and health-related fitness. 2.1.D
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## Motivation and Confidence 3

### 1 Students will exhibit responsible personal and social behavior that respects self and others. 3.1

C1 I can work cooperatively and praise others for their successes. 3.1.C1

C2 I can accept players of all skill levels in various physical activities. 3.1.C2

D1 I can engage in physical activities with responsible interpersonal behavior. 3.1.D1

D2 I can apply safety principles. 3.1.D2

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### 2 Students will demonstrate physical literacy through physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. 3.2

C I can discuss how practice develops confidence when working on challenging physical activity. 3.2.C

D I can describe how the benefits of physical activity at school can be replicated in other settings. 3.2.D

D I can explain how cooperating with others can lead to success. 3.2.D