

Grade 3

The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns. 3.1

Locomotor Skills

- 1 Locomotor (Hopping, galloping, running, sliding, skipping, leaping, walking, running) 3.1.1
 - A Performs mature patterns in locomotor skills in isolation (leap). 3.1.1.A
 - B Applies mature patterns in locomotor skills in a variety of activities. 3.1.1.B
- 2 Locomotor (Jumping and landing in a horizontal and vertical plane) 3.1.2
 - A Jumps and lands in the horizontal and vertical planes using an emerging pattern. 3.1.2.A
- 3 Locomotor (Dance, Rhythm, Combinations) 3.1.3
 - A Performs teacher selected and developmentally appropriate dance steps and movement patterns. 3.1.3.A
- 4 Non-Locomotor 3.1.4
 - A Applies mature patterns in nonlocomotor skills in a variety of activities. 3.1.4.A
- 5 Non-Locomotor (Balance) 3.1.5
 - A Balances on different bases of support, demonstrating muscular tension and extensions of free body parts, and shows ability to transfer weight from feet to hand for momentary weight support. 3.1.5.A
- 6 Non-Locomotor (Weight Transfer) 3.1.6
 - A Standard was combined with 3.1.5.A 3.1.6.A

Manipulative Skills

7 Manipulative Skills (Throw) 3.1.7

A Throws underhand to a partner or target with reasonable accuracy. 3.1.7.A

B Performs mature pattern in an overhand throw. 3.1.7.B

8 Manipulative Skills (Pass with Hands) 3.1.8

A Developmentally appropriate/emerging outcomes first appear in grade four. 3.1.8.A

9 Manipulative Skills (Catch) 3.1.9

A Catches a gently tossed hand-size ball from a partner, demonstrating a mature pattern in a non-dynamic environment. 3.1.9.A

10 Manipulative Skills (Hand Dribble) 3.1.10

A Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body. 3.1.10.A

11 Manipulative Skills (Foot Pass/Kick) 3.1.11

A Passes & receives a ball with the inside of the foot to a stationary partner, “giving” on reception before returning the pass. 3.1.11.A

B Demonstrates a mature pattern and intentionally performs a kick along the ground and a kick in the air, demonstrating four of the five critical elements of a mature pattern for each. 3.1.11.B

C Uses a running approach and kicks a stationary ball for accuracy. 3.1.11.C

12 Manipulative Skills (Foot Dribble) 3.1.12

A Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body. 3.1.12.A

13 Manipulative Skills (Foot Trap Receive) 3.1.13

A Performs mature pattern while receiving with the foot when stationary. 3.1.13.A

14 Manipulative Skills (Strike/Volley, Hands and Arms) 3.1.14

A Demonstrates emerging pattern while striking an object underhand or sidearm, sending it upward and forward. 3.1.14.A

15 Manipulative Skills (Strike with Implement) 3.1.15

A Strikes an object with a short- handled implement, sending it forward over a low net or to a wall. 3.1.15.A

B Strikes a ball with a long-handled implement (such as a hockey stick, bat, golf club), sending it forward, while using proper grip for the implement. Note: Use a batting tee or ball tossed by the teacher for batting. 3.1.15.B

16 Manipulative Skills (Jump Rope) 3.1.16

A Performs intermediate jump rope skills (such as a variety of tricks, running in and out of long rope) for both long and short ropes. 3.1.16.A

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. 3.2

Movement Concepts and Strategies

- 1 Space 3.2.1
 - A Recognizes the concept of open spaces in a movement context. 3.2.1.A
 - 2 Pathways, Shapes, Levels 3.2.2
 - A Recognizes locomotor skills specific to a wide variety of physical activities 3.2.2.A
 - 3 Speed, Direction, Force 3.2.3
 - A Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher. 3.2.3.A
 - 4 Strategies and Tactics 3.2.4
 - A Applies simple strategies and tactics in chasing and fleeing activities. 3.2.4.A
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The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3.3

Physical Activity

- 1 Physical Activity Knowledge 3.3.1
 - A Documents participation in physical activities outside physical education class. 3.3.1.A
 - B Identifies physical activity benefits as a way to become healthier. 3.3.1.B
 - 2 Engages in Physical Activity 3.3.2
 - A Actively engages in the activities of physical education class with minimal teacher prompting. 3.3.2.A
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Fitness

- 3 Fitness Knowledge 3.3.3
 - A Describes the concept of fitness and provides examples of physical activity to enhance fitness. 3.3.3.A
 - B Recognizes the importance of warmup and cool-down relative to vigorous physical activity. 3.3.3.B
 - 4 Fitness Assessment & Wellness Planning 3.3.4
 - A Demonstrates, with teacher direction, the health-related fitness components. 3.3.4.A
 - 5 Body Systems 3.3.5
 - A Describes connections between muscular and skeletal systems. 3.3.5.A
 - 6 Nutrition 3.3.6
 - A Identifies foods that are beneficial for before and after physical activity. 3.3.6.A
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The physically literate individual exhibits responsible personal and social behavior that respects self and others. 3.4

Responsible Personal and Social Behavior

- 1 Personal Responsibility 3.4.1
 - A Exhibits responsible behavior in both independent and group situations 3.4.1.A
 - B Works independently for extended periods of time. 3.4.1.B
 - 2 Accepting Feedback 3.4.2
 - A Accepts and implements specific corrective feedback from the teacher. 3.4.2.A
 - 3 Working with Others 3.4.3
 - A Works cooperatively with others. 3.4.3.A
 - B Praises others for their success in movement performance. 3.4.3.B
 - 4 Rules & Etiquette 3.4.4
 - A Recognizes the role of rules and etiquette in physical activity with peers. 3.4.4.A
 - 5 Safety 3.4.5
 - A Works safely with peers, independently, and with/without equipment in physical activity settings. 3.4.5.A
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The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction. 3.5

Valuing Health, Enjoyment, Challenge, Self Expression, and Social Interaction

- 1 Health 3.5.1
 - A Discusses the relationship between physical activity and good health. 3.5.1.A
- 2 Challenge 3.5.2
 - A Discusses the challenge that comes from learning a new physical activity. 3.5.2.A
- 3 Self-expression and Enjoyment 3.5.3
 - A Reflects on the reasons for enjoying selected physical activities. 3.5.3.A
- 4 Social Interaction 3.5.4
 - A Describes the positive social interactions that come when engaged with others in physical activity. 3.5.4.A