

Grade 3

Adopted 2016

Motor Skills

- 1. Hop (one foot), gallop, slide, skip** MS.1
 3. Combines at least two locomotor skills with smooth transition. MS.1.3

- 2. Jog, run** MS.2
 3. Travels showing differentiation of speeds (e.g. Increase/decrease speed as moving). MS.2.3

- 3. Jump & land for distance (horizontal)** MS.3
 - a. Leaps using a mature pattern. MS.3.3.A
 - b. Jumps and lands using a mature pattern of one and two foot takeoffs and landings (e.g., 2-2, 1-2, 2-1; hopscotch, dance, gymnastics). MS.3.3.B

- 4. Jump & land for height (vertical)** MS.4
 3. Jumps using a mature pattern. MS.4.3

- 5. Dance** MS.5
 3. Performs a simple teacher- and/or student-designed rhythmic activity. MS.5.3

- 6. Balance** MS.6
 - a. Maintains stillness on various bases of support demonstrating muscular tension and extensions of free body parts. MS.6.3.A
 - b. Balances in an inverted position with stillness and supportive base. MS.6.3.B

- 7. Weight Transfer & Rolling (OPTIONAL)** MS.7
 - a. Transfers weight from feet to hands for momentary weight support. MS.7.3.A
 - b. Rolls forward and sideways using tight muscles and proper body alignment. MS.7.3.B

- 8. Combinations (optional)** MS.8
 3. Performs a 3-part sequence of balance-weight transfer/roll-balance. MS.8.3

- 9. Underhand Throw** MS.9
 - a. Rolls a ball using a mature pattern. MS.9.3.A
 - b. Throws underhand to a partner or target with appropriate force. MS.9.3.B

10. Overhand Throw MS.10

3. Throws overhand for distance or force demonstrating side to target, arm back, and stepping with opposition. MS.10.3

11. Catching MS.11

3. Catches overhand (at or above chest) using a mature pattern (from partner). MS.11.3

12. Passing & Receiving with implements MS.12

3. Passing and receiving with a partner while stationary with appropriate force. MS.12.3

13. Dribbling with hands MS.13

3. Dribbles with preferred hand while jogging with control of the ball and body. MS.13.3

14. Dribbling with feet MS.14

3. Dribbles with feet while jogging, keeping control of the ball and body. MS.14.3

15. Kicking (force or distance) MS.15

3. Kicks a ball at intended levels with a running approach. MS.15.3

16. Passing & Receiving with feet MS.16

3. Passes and receives a ball with the insides of the feet to a stationary partner, "giving" on reception. MS.16.3

17. Striking with hand(s) MS.17

3. Strikes an object with underhand or sidearm pattern over a net/line, to the wall, or to a partner. MS.17.3

18. Striking, short implement MS.18

3. Strikes an object with a short-handled implement sending it forward using an underhand pattern with accuracy. MS.18.3

19. Striking, long implement MS.19

3. Strikes an object with a long-handled implement (e.g., bat, hockey stick, golf club) sending it forward and using proper grip. MS.19.3

20. Jumping Rope MS.20

- a. Performs intermediate jump rope skills for both short and long ropes. MS.20.3.A
 - b. Turns a long rope correctly. MS.20.3.B
-

Movement Knowledge & Application (MKA)

1. Space Awareness (location) MKA.1

- a. Recognizes the concept of open space. MKA.1.3.A
 - b. Applies the concept of open space while moving. MKA.1.3.B
-

2. Space Awareness (pathways, levels, directions) MKA.2

- a. Recognizes clockwise and counter-clockwise directions. MKA.2.3.A
 - b. Combines levels, directions, and pathways into simple travel, dance, and gymnastic sequences. MKA.2.3.B
-

3. Effort: speed and force MKA.3

- a. Recognizes the need for varied speeds and forces within movement. MKA.3.3.A
 - b. Applies speeds or forces with throwing and kicking. MKA.3.3.B
-

4. Relationships (body shapes, with objects, with people) MKA.4

- a. Differentiates relationships with people (mirror/matching, leading/following). MKA.4.3.A
 - b. Demonstrates relationships with people (mirror/matching, leading/following). MKA.4.3.B
-

5. Movement Principles (base of support, muscle tension, ready position) MKA.5

- a. Recognizes the need for ready position. MKA.5.3.A
 - b. Applies concept of ready position to increase stability and prepare for movement. MKA.5.3.B
-

6. Performance Cues MKA.6

- 3. Identifies errors of a skill. MKA.6.3
-

7. Simple Strategies MKA.7

- 3. Recognizes a variety of simple strategies in game-like activities. MKA.7.3
-

Fitness & Physical Activity (FPA)

1. Health-related Fitness FPA.1

- 3. Describes the physiological indicators that accompany moderate to vigorous physical activity. FPA.1.3
-

2. Physical Activity FPA.2

- 3. Recognizes the benefits of physical activity that contribute to a healthy lifestyle. FPA.2.3
-

Personal & Social Responsibility (PSR)

1. Personal Responsibility PSR.1

- 3. Works independently and stays on-task. PSR.1.3

2. Feedback PSR.2

- 3. Implements specific teacher feedback. PSR.2.3

3. Working with others PSR.3

- 3. Resolves conflict in socially acceptable ways. PSR.3.3

4. Procedures & Rules PSR.4

- 3. Encourages others to follow procedures and rules to provide a productive learning environment. PSR.4.3

5. Safety PSR.5

- 3. Recognizes potential safety issues for self and others. PSR.5.3
-

**Values Physical Activity
(VPA)**

1. Appreciation VPA.1

- 3. Reflects on reasons for participation in specific physical activities outside of physical education class. VPA.1.3

2. Challenge VPA.2

- 3. Identifies personal strengths and weaknesses in physical activities. VPA.2.3