



Course Title: Third Grade Physical Education	
Description: The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.	
To pursue a lifetime of healthful physical activity, a physically literate individual: <ul style="list-style-type: none"> • Has learned the skills necessary to participate in a variety of physical activities. • Knows the implications and the benefits of involvement in various types of physical activities. • Participates regularly in physical activity. • Is physically fit. • Values physical activity and its contributions to a healthful lifestyle. 	
Reporting Topic	Grade Level Standards
<u>Motor Skills and Movement Patterns</u>	<ul style="list-style-type: none"> • Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body. (S1.E17.3) • Strikes a ball with a long-handled implement (e.g., hockey stick, bat, golf club), sending it forward, while using proper grip for the implement. Note: Use batting tee or ball tossed by teacher for batting. (S1.E25.3) • Performs intermediate jump-rope skills (e.g., a variety of tricks, running in and out of long rope) for both long and short ropes. (S1.E27.3)
<u>Fitness Knowledge</u>	<ul style="list-style-type: none"> • Engages actively in the activities of physical education class without teacher prompting. (S3.E2.3) • Provides examples of physiological changes to the body during physical activity. (S3.E3.3)
<u>Responsible Personal and Social Behavior</u>	<ul style="list-style-type: none"> • Exhibits personal responsibility in teacher-directed activities. (S4.E1.3) • Works independently for extended periods of time. (S4.E2.3) • Accepts and implements specific corrective feedback from the teacher. (S4.E3.3) • Works cooperatively with others. (S4.E4.3a) • Praises others for their success in movement performance. (S4.E4.3b) • Recognizes the role of rules and etiquette in physical activity with peers. (S4.E5.3) • Works independently and safely in physical activity settings. (S4.E6.3)