



## Physical Education

### Expectations for 3rd Grade Students:

- **Movement Competence and Understanding:** Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports; perform cross-lateral and rhythmic exercises that make a brain-body connection; demonstrate understanding of how the use of self-assessment aids in skill development.
- **Physical and Personal Wellness:** Identify the benefits of sustained physical activity that causes increased heart rate and heavy breathing; understand that the body is composed of water, muscle, bones, organs, fat and other tissues.
- **Social and Emotional Wellness:** Demonstrate positive social behaviors during physical activity.
- **Prevention and Risk Management:** Identify ways to prevent injuries during physical activity.

### Throughout 3rd Grade You May Find Students:

- Demonstrating changes of pathways, levels, forces, and direction with manipulatives (e.g., hoops, streamers, and balls).
- Demonstrating throwing, catching, striking, or trapping in an activity.
- Performing a variety of jump-rope skills using both short and long ropes successfully and jumping rope to various tempos.
- Using instructor or self feedback to make adjustments that will improve performance.
- Explaining why the body perspires, the heart beats faster and breathing increases when participating in moderate to vigorous physical activity.
- Locating heart rate on at least two different pulse points on the body.
- Comparing heart rate before, during, and after exercise and explaining that increasing the heart rate during physical activity strengthens the heart muscles.
- Encouraging others regularly and refraining from put-down statements.
- Recognizing how injuries can occur during physical activity.

