

# Grade 3

## Movement Competence and Understanding 3.1

### 1 Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports. 3.1.1

- a Demonstrate changes of pathways, levels, forces, and direction with manipulatives. 3.1.1.A
  - b Dribble while changing speed and direction. 3.1.1.B
  - c Demonstrate throwing, catching, striking or trapping in an activity. 3.1.1.C
  - d Demonstrate skills of chasing, fleeing, and dodging to avoid others. 3.1.1.D
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### 2 Perform cross lateral and rhythmic exercises that make a brain-body connection. 3.1.2

- a Describe, create, and demonstrate movements that require crossing the midline. 3.1.2.A
  - b Perform successfully a variety of jump-rope skills using both short and long ropes, and jump to various tempos. 3.1.2.B
  - c Perform jumping, tossing, dribbling, or catching to music or rhythmic beat. 3.1.2.C
  - d Perform a basic tinkling step to 3/4 time (close, tap, and tap). 3.1.2.D
  - e Balance demonstrating momentary stillness in symmetrical and nonsymmetrical shapes on a variety of body parts. 3.1.2.E
  - f Perform forward and backward rolls with variation. 3.1.2.F
  - g Combine two or more rotational skills. 3.1.2.G
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### 3 Demonstrate understanding of how the use of self-assessment aids in skill development. 3.1.3

- a Use self-feedback to identify strengths and weaknesses. 3.1.3.A
  - b Use instructor or self-feedback to make adjustments that will improve performance. 3.1.3.B
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## Physical and Personal Wellness 3.2

### 1 Identify the benefits of sustained physical activity that causes increased heart rate and heavy breathing. 3.2.1

- a Explain why the body perspires, the heart beats faster and breathing increases when participating in moderate to vigorous physical activity. 3.2.1.A
  - b Describe the relationship among the heart, lungs, muscles, blood, and oxygen during physical activity. 3.2.1.B
  - c Identify several moderate to vigorous physical activities (formal or informal) that provide personal pleasure. 3.2.1.C
  - d Locate heart rate on at least two different pulse points on the body. 3.2.1.D
  - e Discuss how drinking an adequate amount of water before, during, and after physical activity keeps the body hydrated. 3.2.1.E
  - f Demonstrate the ability to understand the concept of pacing during cardiovascular endurance activity. 3.2.1.F
  - g Explain how the intensity and duration of exercise affect fuel use during physical activity. 3.2.1.G
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### 2 Understand that the body is composed of water, muscle, bones, organs, fat, and other tissues. 3.2.2

- a Identify the location of the lungs and heart. 3.2.2.A
  - b Identify muscles and fat. 3.2.2.B
  - c Feel your heart beat after moderate to vigorous physical activity. 3.2.2.C
  - d Compare heart rate before, during, and after exercise, and explain that increasing the heart rate during physical activity strengthens the heart muscles. 3.2.2.D
  - e Identify physical activities that cause the heart to beat faster. 3.2.2.E
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## Social Emotional Wellness 3.3

### 1 Demonstrate positive social behaviors during physical activity. 3.3.1

- a Identify the positive behaviors of self and others. 3.3.1.A
  - b Congratulate teammates and opponents upon conclusion of a game or activity. 3.3.1.B
  - c Follow directions, activity-specific rules, procedures, and etiquette with few reminders 3.3.1.C
  - d Encourage others regularly, and refrain from put-down statements. 3.3.1.D
  - e Ask a partner to participate in a physical activity. 3.3.1.E
  - f Congratulate friends for performing a skill correctly. 3.3.1.F
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## Prevention and Risk Management 3.4

### 1 Identify ways to prevent injuries during physical activity. 3.4.1

- a Recognize how injuries can occur during physical activity. 3.4.1.A
- b Understand how activities can affect safety of self and others. 3.4.1.B