

Physical Education: 3 Years

Skillfulness

1 Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill themes, and applying skills. 1

1 Move with confidence and stability, coordinating movements to accomplish simple tasks. (e.g., go over, under, around through on an obstacle course and easily use riding toys, such as tricycles and Big Wheels). **1.1**

Biomechanical Principles

2 Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety. 2

1 Move with confidence and stability, coordinating movements to accomplish simple tasks (e.g., go over, under, around through on an obstacle course and easily use riding toys, such as tricycles and Big Wheels). **2.1**