



**PHYSICAL EDUCATION
GRADE THREE**



**Physical Education – Grade 3
36.00400**

COURSE DESCRIPTION: Physical Literacy in 3rd Grade is based upon the development of successful movement experiences, developing the confidence and progressive skills in the following strands: Motor Skills and Movement Patterns, Concepts, Principles, and Strategies, Health-enhancing levels of physical activity and fitness, Personal Responsibility, and Value of Physical Activity.

Course Standard 1

S1.E3 Demonstrates competency in a variety of motor skills and movement patterns.

- S1.E1.3 Leaps using a mature pattern
- S1.E2.3 Travels showing differentiation between sprinting and running.
- S1.E3.3 Jumps and lands in the horizontal and vertical planes using a mature pattern.
- S1.E5.3 Performs teacher-selected and developmentally appropriate dance steps and movement patterns.
- S1.E6.3 Performs a sequence of locomotor skills, transitioning from one skill to another smoothly and without hesitation
- S1.E7.3 Balances on different bases of support, demonstrating muscular tension and extensions of free body parts.
- S1.E8.3 Transfers weight from feet to hands for momentary weight support.
- S1.E10.3 Moves into and out of gymnastics balances with curling, twisting & stretching actions.
- S1.E11.3 Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance.
- S1.E12.3 Combines balance and weight transfers with movement concepts to create and perform a dance
- S1.E13.3 Throws underhand to a partner or target with reasonable accuracy.
- S1.E14.3 Throws overhand, demonstrating 3 of the 5 critical elements of a mature pattern, in non-dynamic environments (closed skills), for distance and/or force.
- S1.E16.3 Catches a gently tossed hand-size ball from a partner, demonstrating 4 of the 5 critical elements of a mature pattern.
- S1.E17.3 Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body.
- S1.E18.3 Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.
- S1.E19.3 Passes & receives a ball with the insides of the feet to a stationary partner, “giving” on reception before returning the pass.
- S1.E21.3a Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each.
- S1.E21.3b Uses a continuous running approach and kicks a stationary ball for accuracy.
- S1.E22.3 Volleys an object with an underhand or sidearm striking pattern, sending it forward over a net, to the wall or over a line to a partner, while demonstrating 4 of the 5 critical elements of a mature pattern.
- S1.E24.3a Strikes an object with a short-handled implement, sending it forward over a low net or to a wall.
- S1.E24.3b Strikes an object with a short-handled implement while demonstrating 3 of the 5 critical elements of a mature pattern.
- S1.E25.3 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.E27.3 Performs intermediate jump-rope skills (e.g., a variety of tricks, running in and out of long rope) for both long and short ropes.

Course Standard 2

S2.E3 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance

- S2.E1.3 Recognizes the concept of open spaces in a movement context.

- S2.E2.3 Recognizes locomotor skills specific to a wide variety of physical activities.
- S2.E3.3 Combines movement concepts (direction, levels, force, and time) with skills as directed by the teacher.
- S2.E4.3a Employs the concepts of alignment in gymnastics and dance.
- S2.E4.3b Employs the concept of muscular tension with balance in gymnastics and dance.
- S2.E5.3a Applies simple strategies & tactics in chasing activities.
- S2.E5.3b Applies simple strategies in fleeing activities.

Course Standard 3

S3.E3 Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

- S3.E1.3a Charts participation in physical activities outside physical education class.
- S3.E1.3b Identifies physical activity benefits as a way to become healthier.
- S3.E2.3 Engages in the activities of physical education class without teacher prompting.
- S3.E3.3 Describes the concept of fitness and provides examples of physical activity to enhance fitness.
- S3.E4.3 Recognizes the importance of warm-up and cool-down relative to vigorous physical activity.
- S3.E5.3 Demonstrates, with teacher direction, the health-related fitness components.
- S3.E6.3 Identifies foods that are beneficial for before and after physical activity.

Course Standard 4

S4.E3 Exhibits responsible personal and social behavior that respects self and others

- S4.E1.3 Exhibits personal responsibility in teacher-directed activities.
- S4.E2.3 Works independently for extended periods of time.
- S4.E3.3 Accepts and implements specific corrective feedback from the teacher.
- S4.E4.3a Works cooperatively with others.
- S4.E4.3b Praises others for their success in movement performance.
- S4.E5.3 Recognizes the role of rules and etiquette in physical activity with peers.
- S4.E6.3 Works independently and safely in physical activity settings.

Course Standard 5

S5.E3 Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

- S5.E1.3 Discusses the relationship between physical activity and good health
- S5.E2.3 Discusses the challenges that come from learning a new physical activity.
- S5.E3.3 Reflects on the reasons for enjoying selected physical activities
- S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

