

# Grade 3

The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns. 3.1

## Locomotor Skills

- 1 Locomotor (Hopping, galloping, running, sliding, skipping, leaping, walking, running) 3.1.1
  - A Performs mature patterns in locomotor skills in isolation (leap). 3.1.1.A
  - B Applies mature patterns in locomotor skills in a variety of activities. 3.1.1.B
- 2 Locomotor (Jumping and landing in a horizontal and vertical plane) 3.1.2
  - A Jumps and lands in the horizontal and vertical planes using an emerging pattern. 3.1.2.A
- 3 Locomotor (Dance, Rhythm, Combinations) 3.1.3
  - A Performs teacher selected and developmentally appropriate dance steps and movement patterns. 3.1.3.A
- 4 Non-Locomotor 3.1.4
  - A Applies mature patterns in nonlocomotor skills in a variety of activities. 3.1.4.A
- 5 Non-Locomotor (Balance) 3.1.5
  - A Balances on different bases of support, demonstrating muscular tension and extensions of free body parts, and shows ability to transfer weight from feet to hand for momentary weight support. 3.1.5.A
- 6 Non-Locomotor (Weight Transfer) 3.1.6
  - A Standard was combined with 3.1.5.A 3.1.6.A

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## Manipulative Skills

- 7 Manipulative Skills (Throw) 3.1.7
- A Throws underhand to a partner or target with reasonable accuracy. 3.1.7.A
  - B Performs mature pattern in an overhand throw. 3.1.7.B
- 8 Manipulative Skills (Pass with Hands) 3.1.8
- A Developmentally appropriate/emerging outcomes first appear in grade four. 3.1.8.A
- 9 Manipulative Skills (Catch) 3.1.9
- A Catches a gently tossed hand-size ball from a partner, demonstrating a mature pattern in a non-dynamic environment. 3.1.9.A
- 10 Manipulative Skills (Hand Dribble) 3.1.10
- A Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body. 3.1.10.A
- 11 Manipulative Skills (Foot Pass/Kick) 3.1.11
- A Passes & receives a ball with the inside of the foot to a stationary partner, “giving” on reception before returning the pass. 3.1.11.A
  - B Demonstrates a mature pattern and intentionally performs a kick along the ground and a kick in the air, demonstrating four of the five critical elements of a mature pattern for each. 3.1.11.B
  - C Uses a running approach and kicks a stationary ball for accuracy. 3.1.11.C
- 12 Manipulative Skills (Foot Dribble) 3.1.12
- A Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body. 3.1.12.A
- 13 Manipulative Skills (Foot Trap Receive) 3.1.13
- A Performs mature pattern while receiving with the foot when stationary. 3.1.13.A
- 14 Manipulative Skills (Strike/Volley, Hands and Arms) 3.1.14
- A Demonstrates emerging pattern while striking an object underhand or sidearm, sending it upward and forward. 3.1.14.A
- 15 Manipulative Skills (Strike with Implement) 3.1.15
- A Strikes an object with a short- handled implement, sending it forward over a low net or to a wall. 3.1.15.A
  - B Strikes a ball with a long-handled implement (such as a hockey stick, bat, golf club), sending it forward, while using proper grip for the implement. Note: Use a batting tee or ball tossed by the teacher for batting. 3.1.15.B
- 16 Manipulative Skills (Jump Rope) 3.1.16
- A Performs intermediate jump rope skills (such as a variety of tricks, running in and out of long rope) for both long and short ropes. 3.1.16.A
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**The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.** 3.2

### **Movement Concepts and Strategies**

- 1 Space 3.2.1
    - A Recognizes the concept of open spaces in a movement context. 3.2.1.A
  - 2 Pathways, Shapes, Levels 3.2.2
    - A Recognizes locomotor skills specific to a wide variety of physical activities 3.2.2.A
  - 3 Speed, Direction, Force 3.2.3
    - A Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher. 3.2.3.A
  - 4 Strategies and Tactics 3.2.4
    - A Applies simple strategies and tactics in chasing and fleeing activities. 3.2.4.A
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**The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.** 3.3

### **Physical Activity**

- 1 Physical Activity Knowledge 3.3.1
    - A Documents participation in physical activities outside physical education class. 3.3.1.A
    - B Identifies physical activity benefits as a way to become healthier. 3.3.1.B
  - 2 Engages in Physical Activity 3.3.2
    - A Actively engages in the activities of physical education class with minimal teacher prompting. 3.3.2.A
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### **Fitness**

- 3 Fitness Knowledge 3.3.3
    - A Describes the concept of fitness and provides examples of physical activity to enhance fitness. 3.3.3.A
    - B Recognizes the importance of warmup and cool-down relative to vigorous physical activity. 3.3.3.B
  - 4 Fitness Assessment & Wellness Planning 3.3.4
    - A Demonstrates, with teacher direction, the health-related fitness components. 3.3.4.A
  - 5 Body Systems 3.3.5
    - A Describes connections between muscular and skeletal systems. 3.3.5.A
  - 6 Nutrition 3.3.6
    - A Identifies foods that are beneficial for before and after physical activity. 3.3.6.A
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**The physically literate individual exhibits responsible personal and social behavior that respects self and others.** 3.4

### **Responsible Personal and Social Behavior**

- 1 Personal Responsibility 3.4.1
    - A Exhibits responsible behavior in both independent and group situations 3.4.1.A
    - B Works independently for extended periods of time. 3.4.1.B
  - 2 Accepting Feedback 3.4.2
    - A Accepts and implements specific corrective feedback from the teacher. 3.4.2.A
  - 3 Working with Others 3.4.3
    - A Works cooperatively with others. 3.4.3.A
    - B Praises others for their success in movement performance. 3.4.3.B
  - 4 Rules & Etiquette 3.4.4
    - A Recognizes the role of rules and etiquette in physical activity with peers. 3.4.4.A
  - 5 Safety 3.4.5
    - A Works safely with peers, independently, and with/without equipment in physical activity settings. 3.4.5.A
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**The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction.** 3.5

### **Valuing Health, Enjoyment, Challenge, Self Expression, and Social Interaction**

- 1 Health 3.5.1
  - A Discusses the relationship between physical activity and good health. 3.5.1.A
- 2 Challenge 3.5.2
  - A Discusses the challenge that comes from learning a new physical activity. 3.5.2.A
- 3 Self-expression and Enjoyment 3.5.3
  - A Reflects on the reasons for enjoying selected physical activities. 3.5.3.A
- 4 Social Interaction 3.5.4
  - A Describes the positive social interactions that come when engaged with others in physical activity. 3.5.4.A