

# Grade 3

Adopted 2016

**Demonstrate competency in a variety of motor skills and movement patterns.**

1. Performing a combination of motor skills in various contexts; and [A.3.1](#)
2. Performing developmentally appropriate dance steps and movement patterns. [A.3.2](#)

**Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.**

1. Discussing the origin of a game, sport, or dance, including traditional and contemporary American Indian contributions and cultures; and [B.3.1](#)
2. Recognizing the concept of open space in movement context. [B.3.2](#)

**Demonstrate the knowledge and skills to achieve and maintain a healthenhancing level of physical activity and fitness.**

1. Identifying foods that are beneficial for pre- and post-physical activity; [C.3.1](#)
2. Charting participation in physical activities outside health enhancement class; [C.3.2](#)
3. Engaging in the activities of health enhancement class without teacher prompting; [C.3.3](#)
4. Describing the concept of physical fitness and provide examples of physical activity that enhances fitness; and [C.3.4](#)
5. Recognizing the importance of warm-up and cool-down activities related to vigorous physical activity. [C.3.5](#)

**Exhibit responsible personal and social behavior that respects self and others.**

1. Practicing personal responsibility in teacher-directed activities; [D.3.1](#)
2. Working independently for extended periods of time; [D.3.2](#)
3. Accepting and implementing specific corrective teacher feedback; [D.3.3](#)
4. Recognizing the role of rules and etiquette in physical activity with peers; [D.3.4](#)
5. Supporting and working cooperatively with others; [D.3.5](#)
6. Discussing ways to accept other's ideas, cultural diversity, and body types during games and physical activity; and [D.3.6](#)
7. Working independently and safely in physically active settings. [D.3.7](#)

**Recognize the value of physical activity for health, enjoyment, selfexpression, and/or social interaction.**

- 1. Discussing the relationship between physical activity and good health; E.3.1**

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- 2. Discussing the challenge that comes from learning a new physical activity; E.3.2**

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- 3. Describing the positive social interactions that come when engaged with others in physical activity. E.3.3**