
Grade 3

Motor Skills and Movement Patterns

1. Performs teacher-selected and developmentally appropriate dance steps and movement patterns. (S1.E5.3)
2. Catches a gently tossed hand-size ball from a partner. (S1.E16.3)
3. Dribbles with the feet in general space at a slow to moderate jogging speed with control of ball and body. (S1.E18.3)
4. Passes and receives ball with the insides of the feet to a stationary partner, “giving” on reception before returning the pass. (S1.E19.3)
5. Strikes a ball with a long-handled implement (e.g. hockey stick, bat, golf club), sending it forward using proper form. (S1.E25.3)

Concepts, Principles, Strategies, and Tactics

6. Demonstrates the concept of open spaces in physical activities. (S2.E1.3)

Fitness Knowledge and Skills

7. Engages in the activities of physical education class without teacher prompting. (S3.E2.3)
8. Demonstrates a warm-up and a cool-down relative to vigorous physical activity. (S3.E4.3)

Responsible Personal and Social Behavior

9. Accepts and implements specific corrective feedback from the teacher or peer. (S4.E3.3)

Values Physical Activity

10. Describes the positive social interactions that come when engaged with others in physical activity. (S5.E4.3)