

Grade Three Outcomes:

1. Show competency in demonstrating the locomotor skills of walk, run, gallop, hop, jump, skip, slide, and leap while varying speed, pathways, directions, and levels. (pe3.1.1.a)
2. Perform, respond, and reflect to teacher chosen words, stories, sounds, or songs. (pe3.1.2.a)
3. Demonstrate continuous striking of a lightweight object using arms/hands and a variety of implements. (pe3.1.3.a)
4. Demonstrate dribbling with hands/feet around stationary objects or opponents while changing speeds, pathways, and directions on a given signal with control. (pe3.1.3.a)
5. Demonstrate the overhand throw using objects of varying sizes and weights to a target or partner. (pe3.1.3.b)
6. Demonstrate catching objects of different sizes and weights from a partner in a stationary position. (pe3.1.3.b)
7. Using a graphic organizer, create and perform a gymnastic sequence that includes a clear beginning shape, one roll, one balance, one transfer of weight, and a clear ending shape using smooth transitions between each skill. (pe3.1.3.c)
8. Compare/Contrast and perform static and dynamic balances while maintaining control. (pe3.2.2.a)
9. Analyze performance and utilize feedback to improve performance. (pe3.3.2.a)
10. Select and perform activities that improve each component of fitness. (pe3.4.3.a)
11. Understand the importance of pacing to sustain activity during an aerobic activity. (pe3.5.1.b)
12. Recognize or create rules that enhance sportsmanship in a variety of physical activities. (pe3.6.3.a)