

Kentucky Academic Standards for Physical Education

Grade 3

Standard 1: Demonstrate competency in a variety of motor skills and movement patterns.	
Practices for Movement Competency: Physically literate individuals practice skills for achieving competency and confidence in a variety of physical activities. These performance indicators focus on identifying skills that will help students effectively engage in lifelong physical activities.	
Performance Indicators	
Locomotor	3.1.L1. Perform, alone and with others, a variety of locomotor movements at different levels and in different pathways and directions, with and without equipment.
Non-Locomotor	3.1.NL1. Apply non-locomotor skills in various activities using different body parts, shapes and levels, with and without equipment.
Body Management	3.1.BM1. Perform a variety of controlled transitions in movement, with and without equipment. 3.1.BM2. Transfer weight to different body parts for momentary weight support.
Manipulative Skills	3.1.MS1. Demonstrate manipulative skills using a variety of objects with a partner by demonstrating appropriate performance cues. <i>*See Tables 1 and 2.</i>
Standard 2: Apply knowledge of concepts, principles, strategies and tactics to movement and performance.	
Application of Performance: Physically literate individuals understand the purpose of movement through performance. These performance indicators focus on quality of movement that enhances physical activity experiences critical to their development and long-term success as healthy and productive citizens.	
Performance Indicators	
Space	3.2.SP1. Apply the concepts of general and personal space to movement.
Speed, Direction and Force	3.2.SD1. Apply the movement concepts of speed and force in a variety of activities.
Strategy	3.2.ST1. Apply simple strategies and tactics in a variety of activities.
Standard 3: Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	
Demonstrate a Health-Enhancing Level of Physical Activity: Physically literate individuals understand the benefits and implications of lifelong physical activity to improve their quality of life. Understanding one's overall physical health and fitness status provides the basis for personal responsibility. These performance indicators focus on empowering students to commit to being lifelong physically active individuals.	
Performance Indicators	

Physical Activity Knowledge	3.3.PA1. Describe the benefits of participating in physical activity every day.
Physical Fitness Knowledge	3.3.PF1. Discuss strategies for using skills learned in physical education in a variety of settings to meet physical activity guidelines. 3.3.PF2. Identify the components of health related fitness.
Nutrition	3.3.N1. Identify a variety of nutritious food choices from each food group that will help balance the body before and after physical activity.
Standard 4: Demonstrate responsible personal and social behavior that exhibits respect for self and others.	
Demonstrate Personal and Social Behavior: Physically literate individuals respect themselves and others in physical activity settings. These performance indicators focus on the positive development of personal, responsible and social behaviors that are demonstrated through sportsmanship, etiquette, safety, teamwork, cooperation and conflict resolution skills.	
Performance Indicators	
Social Interactions/Working with Others	3.4.SW1. Work cooperatively and communicate positively with others in physical education, regardless of skill level.
Rules and Etiquette	3.4.RE1. Recognize and follow the established rules, protocols and etiquette in physical education.
Safety	3.4.SA1. Follow teacher directions for safe participation and proper use of equipment, independently and with others.
Standard 5: Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.	
Demonstrate Value of Physical Activity: Physically literate individuals value physical activity and its contribution to a healthy lifestyle. These performance indicators focus on an active lifestyle as a vehicle for enjoyment, advocacy, challenge and social interaction of a healthy community.	
Performance Indicators	
Health	3.5.H1. Explain the health benefits of participating in physical activity.
Challenge	3.5.C1. Discuss the challenge that comes with learning new activities.
Self-Expression and Enjoyment	3.5.SE1. Explain how physical activities are enjoyable.
Social Interaction	3.5.SI1. Explain how physical activity provides opportunity for social interaction.
Advocacy	3.5.A1. Encourage peers to be physically active.