

I can demonstrate
correct technique
while hopping,
galloping, running,
sliding, skipping, and
leaping.

I can demonstrate
correct jumping
and landing
technique from
different heights.

Third Grade b.1.B

I can demonstrate
intermediate balancing to
include equipment, cross
lateralization using a
variety of coordination
skills, and sequencing of
three skills with repetition.

Third Grade b.1.C

I can spin and roll
with control at
different levels,
speeds, and positions
with manipulatives.

I can demonstrate
moving in and out of
a balanced position
with control during
dynamic activities.

Third Grade b.2.A

I can combine
bending, stretching,
twisting, curling,
pushing, pulling, and
swaying in a variety
of activities.

I can demonstrate
key elements in
underhand and
overhand throwing to
a partner with
accuracy.

I can demonstrate key elements when catching an accurately and softly thrown large ball with a partner without trapping against the body.

I can demonstrate
key elements of hand
dribbling while slowly
jogging and
maintaining ball
control.

I can dribble a
ball with control
using both feet
while slowly
jogging.

Third Grade b.3.D

I can kick a moving
ball on the ground
and in the air
using a continuous
running approach.

Third Grade b.3.E

I can demonstrate
correct technique in
volleying to a wall or
a partner and over
an object or net.

Third Grade b.3.F

I can demonstrate
correct technique when
striking a moving object
over a low net or to a
wall with a hand or
short- or long-handled
implement.

I can jump a
self-turned rope
using a variety
of basic skills.

Third Grade b.3.H

I can enter and
exit a turned
long rope using
basic jumping
skills.

I can demonstrate
locomotor, non-
locomotor, and
manipulative skills
safely in personal and
open space.

Third Grade b.4.A

I can combine
pathways and levels
into various
movement patterns
in a wide variety of
physical activities.

Third Grade b.4.B

I can combine
speed, direction,
and force as
directed by
teacher.

I can demonstrate
competency in
rhythmic activities
and rhythmic
combinations.

I can combine the skills of chasing, fleeing, and dodging to avoid or catch others during a variety of games.

Third Grade b.6.A

I can demonstrate
specific movement
skills to improve
performance in
designated dynamic
activities.

I can explain and follow rules, procedures, and safe practices during games and activities.

Third Grade b.6.C

I can demonstrate
competency in
outdoor and
recreational
pursuits.

I can describe the benefits of regular physical activity, including stress management.

I can identify the importance of frequency and intensity during endurance activities.

Third Grade b.8.B

I can explain and demonstrate the correct techniques of health-related fitness components.

Third Grade b.8.C

I can describe the importance of setting personal fitness goals in improving health-related fitness.

Third Grade b.9.A

I can identify how to
measure
improvement and
track progress for
health-related
fitness.

I can differentiate
between healthy and
unhealthy foods and
their impact on
sustainable energy
for physical activity.

Third Grade b.10.A

I can differentiate between water and processed sugar or high-calorie drinks and their impact on sustainable energy for physical activity.

I can select proper attire and safety equipment that promote safe participation and prevent injury in a variety of physical activities.

I can exhibit correct safety precautions, including pedestrian, water, sun, cycling, skating, and scooter safety.

I can explain that
personal actions
have consequences
for myself and
others.

I can demonstrate
respect for
differences and
similarities in
abilities of myself
and others.

I can explain and demonstrate self-management skills to control personal impulses and emotions.

I can demonstrate
respect and
cooperation through
words and actions
during various group
activities.

I can identify
the feelings
of others.

Third Grade b.13.B

I can persevere
while
addressing
challenges.

I can accept
and provide
constructive
feedback.

I can differentiate among types of and participate in moderate to vigorous physical activity for a sustained period of time on a regular basis using technology when available.

Third Grade b.16.A

I can select and
participate in
physical activity
for personal
enjoyment.

Third Grade b.16.B