

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

Third Grade b.1.A

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

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

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.

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.

Third Grade b.3.A

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

Third Grade b.3.B

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.

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

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.

Third Grade b.3.G

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

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.

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.

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.

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.

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

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

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.

Third Grade b.12.A

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.

Third Grade b.13.A

I can
identify
the
feelings
of others.

I can
persevere
while
addressing
challenges.

I can
accept and
provide
constructiv
e 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.

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

Third Grade b.16.B