

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.

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.

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.3.6

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.

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.

Third Grade b.6.C

I can demonstrate
competency in
outdoor and
recreational pursuits.

Third Grade b.7

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.

Third Grade b.9.B

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

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.

Third Grade b.11.A

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.

Third Grade b.12.B

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

Third Grade b.12.C

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.

Third Grade b.14

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