

Northwestern School Corporation
Physical Education
Course Outline
3rd grade

Movement Forms

Students will:

- Demonstrate movement skills with many variations.
- Combine different movement skills to form more complex skills.
- Utilize implements combined with motor skills to perform specific skills.
- Demonstrate motor skill patterns following various rhythms.

Movement concepts and Motor Skills

Students will:

- Describe various balance forms utilizing base of support concepts.
- Describe motor skills that involve crossing the mid-line of the body.
- Identify the use of various amounts of force to propel objects varying distances.
- Explain and demonstrate how force can be increased, when performing a striking movement.

Physical active lifestyle

Students will:

- Participate actively in all physical education classes.
- Report on activities conducted outside of class that provide opportunities to demonstrate a healthy lifestyle.

Health-enhancing levels of physical fitness

Students will:

- Participate in self assessment and formal fitness assessments.
- Identify areas of strength and weakness.
- Determine personal goals based upon results of fitness assessments.
- Define the five components of health-related fitness.
- Demonstrate examples of the five components of health-related fitness.
- Participate in activities that enhance health related fitness on a regular basis.

Responsible personal and social behaviors

Students will:

- Demonstrate good sportsmanship in and out of class activities.
- Recognize and avoid unsafe practices and situations.
- Respect the rights of others.

Understanding and respect for differences among people in physical activity settings

Students will:

- Demonstrate a tolerance for individual differences.
- Accept and give constructive criticism.
- Encourage classmates who demonstrate difficulty with a skill.

Physical activity provides the opportunity for enjoyment, challenge, self expression, and social interaction.

Students will:

- Demonstrate feelings through a pattern of locomotor and non-locomotor movements.
- Enjoy participation in partner and team physical activities.
- Participate in cooperative problem solving activities.