



### **Third Grade Essential Skills for Physical Education (PE)**

#### **September:**

- I can experience and express pleasure from daily participation in physical activity.
- I can recognize that physiological indicators such as sweating increase with moderate to vigorous activities.

#### **October:**

- I can describe changes in heart rate before, during and after physical activity
- I can play keep it up with a volleyball or balloon using my manipulative skills.

#### **November:**

- I can experience enjoyment while participating with other students in a variety of physical activities.
- I can participate in moderate to vigorous activities such as continuous tag games.

#### **December:**

- I can solve problems that come up with other students with little or no help from teacher.
- I can demonstrate mature forms of loco-motor and non-loco-motor skills.

#### **January:**

- I can positively demonstrate my feelings and accept the feelings of others resulting from challenges, successes and failures in physical activities.
- I can demonstrate dynamic and static balance by walking the length of a balance beam

#### **February:**

- I can follow the rules of an activity or game to the best of my ability regardless of differences in abilities of all students.
- I can play tag games that involve strategy and working as a team.

#### **March:**

- I can use feedback from teacher and other students to improve my performance.

- I can participate in for increasing periods of time such as timed runs to improve my cardio-vascular strength.

**April:**

- I can identify personal strengths and weakness during fitness tests.
- I can work cooperatively with a partner to improve skills while playing tennis.

**May:**

- I can understand that practice, attention and effort are required to improve my skills.
- I can adjust to movement to specific situations such as catching a ball kicked to student.