

# KASC ACADEMIC STANDARDS CHECKLIST

## PHYSICAL EDUCATION

User's Name:



Use the columns as a checkoff or a place to take notes to track any curriculum issue. For instance, you might list the unit or marking period in which a standard was mastered, the areas where teachers want additional professional development opportunities, or any issue you need to analyze as you work to enhance your students' performance. See the folder labeled Ideas for Usage for further suggestions on ways to use the checklists and cards.

### THIRD GRADE

#### 1. Demonstrate competency in a variety of motor skills and movement patterns.

3.1.L1	Perform, alone and with others, a variety of locomotor movements at different levels and in different pathways and directions, with and without equipment.	
3.1.NL1	Apply non-locomotor skills in various activities using different body parts, shapes and levels, with and without equipment.	
3.1.BM1	Perform a variety of controlled transitions in movement, with and without equipment.	
3.1.BM2	Transfer weight to different body parts for momentary weight support.	
3.1.MS1	Demonstrate manipulative skills using a variety of objects with a partner by demonstrating appropriate performance cues.	

#### 2. Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

3.2.SP1	Apply the concepts of general and personal space to movement.	
3.2.SD1	Apply the movement concepts of speed and force in a variety of activities.	
3.2.ST1	Apply simple strategies and tactics in a variety of activities.	

#### 3. Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

3.3.PA1	Describe the benefits of participating in physical activity every day.	
3.3.PF1	Discuss strategies for using skills learned in physical education in a variety of settings to meet physical activity guidelines.	
3.3.PF2	Identify the components of health related fitness.	
3.3.N1	Identify a variety of nutritious food choices from each food group that will help balance the body before and after physical activity.	

#### 4. Demonstrate responsible personal and social behavior that exhibits respect for self and others.

3.4.SW1	Work cooperatively and communicate positively with others in physical education, regardless of skill level.	
3.4.RE1	Recognize and follow the established rules, protocols and etiquette in physical education.	
3.4.SA1	Follow teacher directions for safe participation and proper use of equipment, independently and with others.	

#### 5. Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

3.5.H1	Explain the health benefits of participating in physical activity.	
3.5.C1	Discuss the challenge that comes with learning new activities.	
3.5.SE1	Explain how physical activities are enjoyable.	
3.5.SI1	Explain how physical activity provides opportunity for social interaction.	
3.5.A1	Encourage peers to be physically active.	