

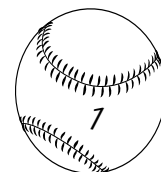
Third Grade

Movement Skills and Movement Knowledge

Learn a variety of rhythmic and movement patterns.

Quality Indicators:

- Begin striking skills such as dribbling and volleying.
- Participate in aerobic activities for extended times and learning.
- Learn the importance of warming up and cooling down.
- Develop a concept of the order of a sequence.
- Combine locomotor and non-locomotor movements, such as combining various travel patterns in relation to music.
- Focus non-locomotor skill development on balance including various types of apparatuses, inverted balances, balance on various body parts, and partner balances.
- Willingly experiment with and explore alternative movements.
- Describe muscular movements as the internal force that causes the body to change from a stationary to a moving object.
- Maintain flexibility by combining shapes, levels, and pathways into simple sequences.
- Recognize similar movement concepts in a variety of skills, e.g., an underhand movement can be used in various ways.



Social Development

Learn to participate while cooperating and taking turns, in mixed gender groups.

Quality Indicators:

- Become more capable of working together toward a common goal.
- Gain respect for other classmates and for the property of others, understanding different types of play, and assist each other by practicing with a partner the rules of fair play.
- Learn to listen to each other and react and respond appropriately.
- Play and assist others in activities in groups of three to five.
- Gain respect for other classmates and for the property of others, understanding different types of play, and assisting each other by practicing with a partner the rules of fair play.

Self Image

Exhibit a physically active lifestyle and experience success.

Quality Indicators:

- Understand that physical activity provides opportunities for enjoyment, challenge, and self-expression.
- Identify activities contributing to feelings of joy through physically active play.
- Create new movement patterns involving time, space, and flow.
- Accept the feelings resulting from challenge, success, and failure in physical activity.

