

Walton Academy
3rd Grade Physical Education
Goals and Objectives

Motor Skills

Apply competent motor skills and movement patterns needed to perform a variety of physical activities.

- Execute combinations of simple locomotor skills and manipulative skills.
- Apply basic manipulative skills while moving/traveling.
- Execute mature form when combining locomotor skills with changes in direction.
- Use variations of different locomotor skills with rhythmic patterns and smooth transitions.

Movement Concepts

Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.

- Illustrate how practice, attention, and effort are required to improve skills.
- Integrate the essential elements of correct form for the five fundamental manipulative skills.
- Evaluate individual skills using a rubric based on critical cues.
- Illustrate a variety of activities that are associated with four or more of the five components of health-related fitness.

Health Related Fitness

Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

- Summarize four or more of the five health-related fitness assessments and the associated exercises.
- Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.
- Implement moderate to vigorous physical activities that increase breathing and heart rate, at least four to seven times each week, for increasing periods of time.

Personal-Social Responsibility

Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

- Use self-control to demonstrate personal responsibility and respect for self and others.
- Use cooperation and communication skills to achieve common goals.
- Explain the importance of working productively with others.