

Curriculum

Content Area:	Physical Education	Grade Level:	3
MLR Content Standard:	A. Physical Fitness: Students will acquire the knowledge needed to be physically fit and take part in healthful physical activity on a regular basis.		
MLR Performance Indicators	Students will be able to:	Instruction Level*	Common Assessment
<i>Instruction Levels: I = Introduced; R = Reinforced; E = Evaluated through a Documented Classroom Activity; D = District Common Assessment</i>			
A 1	Identify the components of health-related fitness (Cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition)	I	
A 2	Demonstrate specific activities to improve each of the components of health-related fitness	I	<i>Fitnessgram</i>
A 3	Identify the benefits of regular participation in physical activity	R	<i>Fitnessgram</i>
A 4	Participate in physical activity for the purpose of improving health-related fitness	I	
A 5	Participate in health-related fitness assessments	I	<i>Motor skills</i>
A 6	Analyze potential risks of physical activities	I	
A 7	Utilize safety principles during activities	R	

*Codes indicate the highest instructional level of that grade level and may include an earlier level of instruction.

Curriculum

Content Area:	Physical Education	Grade Level:	3
MLR Content Standard:	B. Motor Skills: Students will develop motor skills and apply these to enhance their movement and physical performance		
MLR Performance Indicators	Students will be able to:	Instruction Level*	Common Assessment
<i>Instruction Levels: I = Introduced; R = Reinforced; E = Evaluated through a Documented Classroom Activity; D = District Common Assessment</i>			
B 1	Create movement patterns in combination and/or sequence using movement concepts.	I	
B 2	Distinguish between locomotor and non-locomotor skills in physical activities	I	
B 3	Demonstrate mature form in all locomotor patterns, non-locomotor skills, and selected sports accessories	R, E	
B 4	Adapt a skill to the demands of the environment	R, E	
B 5	Combine movement skills in applied settings	R, E	
B 6	Demonstrate beginning skills of two or more specific movement forms	I	
B 7	Apply critical elements to improve personal performance	I	
B 8	Recognize and apply concepts that have an impact on the quality of movement	I	
B 9	Identify and demonstrate appropriate safety practices and rules for activities	I	

*Codes indicate the highest instructional level of that grade level and may include an earlier level of instruction.

Curriculum

Content Area:	Physical Education	Grade Level:	3
MLR Content Standard:	C. Personal and social interactions: The students will demonstrate responsible personal and social behaviors in physical activity settings		
MLR Performance Indicators	Students will be able to:	Instruction Level*	Common Assessment
<i>Instruction Levels: I = Introduced; R = Reinforced; E = Evaluated through a Documented Classroom Activity; D = District Common Assessment</i>			
C 1	Demonstrate appropriate communication skills in a variety of physical activities and describe how these skills can enhance group/team cooperation and effort	I	
C 2	Follow activity-specific rules, procedures, and etiquette	I	
C 3	Demonstrate safety principles in physical settings	I	
C 4	Participate cooperatively with partners to improve skill performance during practice	I	
C 5	Assess their own performance problems without blaming others	I	

*Codes indicate the highest instructional level of that grade level and may include an earlier level of instruction.