

Port Angeles School District Grade Level Expectations: Grade 3

- 1.1.1 Demonstrates mature form in locomotor patterns and selected manipulative and non-locomotor skills.

Throws with mature form: (opposition, follow through)	Yes	No
Catches with two hands.	Yes	No
Kicks a stationary ball with mature form.	Yes	No
Foot dribbles with control	Yes	No
Hand dribbles while moving.	Yes	No
Strikes using a manipulative.	Yes	No
Volleys to a stationary object.	Yes	No
Dramatizes fundamental rhythmic patterns.	Yes	No
Static balance with control: (scales, stability ball, head stands)	Yes	No
Fundamental forward and backward tumbling/weight transfer.	Yes	No

- 1.2.1 Understands and applies safety rules and procedures in a variety of physical activities.

Proper use of equipment.	Yes	No
Maintains body control in general and personal space.	Yes	No
Follows classroom/school rules.	Yes	No
Follows rules as they apply to specific activities.	Yes	No
Demonstrates safe play.	Yes	No

- 1.3.1 Identifies and defines components of fitness (muscular strength, muscular endurance, flexibility, cardiorespiratory endurance, and body composition) and the concepts of fitness for daily living.

Recognizes the components of fitness.	Yes	No
Identifies daily activities that use each component of fitness.	Yes	No

- 1.4.1 Describes how bodily function and physical performance are affected by food consumption.

Matches the nutrients to appropriate food groups.	Yes	No
Knows that food provides nutritional content and energy.	Yes	No

- 1.4.1 1.4.1 Recognizes the benefits of movement, fitness, and nutrition.

Recognizes various movement activities found on the Activity Pyramid.	Yes	No
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- 2.1.1 Understands the basic structure and function of the human body systems.

Identifies the basic structure of the circulatory system and lists ways to keep it healthy.	Yes	No
Identifies the basic structure of the muscular system and lists ways to keep it healthy.	Yes	No
Identifies the basic structure of the skeletal system and lists ways	Yes	No

to keep it healthy.		
Identifies the basic structure of the respiratory system and lists ways to keep it healthy.	Yes	No
Identifies the basic structure of the digestive system and lists ways to keep it healthy.	Yes	No
Describes the main function of basic body systems.	Yes	No

2.1.1 Understands the influence of nutrition on health and growth/development.

Lists nutritional habits affecting overall health and growth/development.	Yes	No
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3.2.1 Understands health enhancing behaviors and risk reduction.

Categorizes and describes safe and unsafe behaviors that affect health: (bicycle safety, playground safety, fire safety, weapon safety)	Yes	No
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4.1.1 Understands the relationship between home activities and health and fitness.

Relates the physical fitness components used to perform age-appropriate activities: (chores, jobs, play)	Yes	No
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4.2.1 Defines and sets goals for improving health and fitness practices.

Participates in fitness testing and receives results evaluating performance.	Yes	No
Applies health and fitness practices that impact daily living: (sleep/rest, hygiene, dental health)	Yes	No