



THIRD GRADE Learning Objectives for **Physical Education**



FITNESS

The learner will

- strengthen and stretch major muscle groups (leg, arm, shoulder, abdominal muscles, upper body, mid-body, lower body, lower back).
- increase flexibility.
- increase cardiovascular endurance.

MOVEMENT

The learner will

- explore personal and general space.
- explore space awareness with equipment.
- identify boundaries.
- explore directions, pathways, patterns.
- explore levels.
- explore body shape.
- develop control over speed (agility) and direction.
- use movements in inventive and expressive way.
- explore effort awareness (time, weight, space, flow).
- increase body awareness (left/right, body parts, making shapes, transferring weight).
- run.
- hop.
- jump.
- gallop.
- crawl.
- roll.
- skip.
- slide.
- leap.
- side-step.
- dodge.
- fake.
- bend.
- push.
- pull.
- twist.
- fall.
- lift.
- rock.

GYMNASTICS

The learner will demonstrate competence in

- climbing.
- hanging.
- swinging.
- balancing.
- balancing while moving.
- springing and landing.
- falling and landing.
- developing muscular strength, endurance, flexibility, balance, overall coordination, self-confidence, posture improvement and safety awareness.



THIRD GRADE Learning Objectives for **Physical Education**



RHYTHM AND DANCE (TO MUSIC OR BEAT)

The learner will

- develop patterns.
- identify even and uneven rhythms.
- sequence steps and movements.
- move rhythmically in different pathways, directions and levels.
- explore rhythm, body, effort and space awareness.
- explore rhythm and tempo.
- explore rhythm and energy.
- introduce novelty dances, folk and square dance.

GAME SKILLS

The learner will demonstrate competence in

- developing spatial awareness, listening and agility.
- jumping.
- twirling.
- spinning/rolling.
- tossing/catching.
- back-skipping.
- Hula hooping.
- visual tracking, accuracy, manipulation and manual dexterity.
- tossing and catching 3 scarves.

BALL SKILLS

The learner will

- use a paddle/racquet.
- become competent in serving, gripping a racquet, forehand and backhand strokes.
- become competent in balloon, beach ball, beanbag and paddle play.
- practice skills for playing soccer.
- control dribbling, inside and outside of foot.
- pass with follow through and accuracy.
- pass with inside of foot.
- trap with inside of foot.
- trap with sole of foot.
- use instep and toe kicks.
- use tackling technique.
- punt kick.
- goal keep.
- practice skills for playing baseball.
- throw and catch.
- use a mitt.
- throw overhand.
- pitch underhand.
- field grounders.
- field fly balls.
- run bases.
- catch.
- bat or tee-ball bat.
- practice skills for playing basketball.
- dribble with one hand.
- dribble with right/left hand.
- bounce pass.
- perform two-handed chest passes.



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BALL SKILLS

The learner will

- perform overhand shooting.
- perform lay-ups.
- play defense.
- practice skills for playing volleyball.
- develop skills in beach ball play over low net, in ready position, setting and forearm bump pass.

ROPE SKILLS

The learner will demonstrate competence in

- coordination, rhythm, timing, agility, aerobic endurance and leg strength.
- long rope jumping.
- entering and exiting.
- short rope jumping.
- different jumping patterns.
- one rope.
- partner jumping.

PARACHUTE

The learner will demonstrate competence in

- cooperation.
- arm and leg strength.
- safety guidelines.
- listening.
- alertness.
- rhythm.
- sequence building through inflation techniques plus movement.
- balls/bean bag bounce.
- low organized games.
- rhythmical activities and dances.

HOCKEY

The learner will demonstrate competence in

- stick handling, carrying, dribbling.
- passing, shooting, receiving, visual tracking.
- facing off.
- goaltending.
- defense.



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TRACK AND FIELD

The learner will demonstrate competence in

- training runs.
- striding.
- standing start.
- sprinting.
- wind sprints.
- standing long jump.
- running long jump.

TEAM SPORTS

The learner will demonstrate competence in

- low organized games.
- relays.
- sportsmanship.
- teamwork.
- rules and strategies for basketball, soccer, hockey, tee-ball, softball, volleyball and cricket.