

PARENT GUIDE FOR PHYSICAL EDUCATION CURRICULUM

GRADE THREE

DIOCESE OF CLEVELAND

**Below is a list of the skills your child will be taught in Grade Three.
As parents, you are encouraged to support the work of your child's teacher in helping your child acquire each of these skills.**

OH: Physical Education	
Demonstrates competency in a variety of motor skills and movement patterns.	
	A. Combine locomotor and non-locomotor skills into movement patterns.
	1. Perform a sequence of movements (e.g., dance, gymnastics, jump rope) with a beginning, middle and end.
	2. Jump rope demonstrating a variety of footwork skills.
	3. Balance on different bases of support and on apparatus demonstrating different levels, shapes and patterns.
	4. Perform teacher-selected and developmentally appropriate dance steps and movement patterns.
	B. Apply the critical elements of fundamental manipulative skills in a variety of physical activities.
	1. Throw overhand with force using appropriate critical elements.
	2. Catch a variety of objects in dynamic conditions using the critical elements.
	3. Strike an object with an implement using the critical elements.
	4. Kick a ball with the inside of the foot to a target using the critical elements.
	5. Dribble and maintain control while moving through space using the critical elements.
	6. Send (e.g., pass, roll) an object to a target using critical elements in a stable environment.
Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	
	A. Demonstrate and apply basic tactics and principles of movement.
	1. Modify movement to meet the demands of a task (e.g., throw with more or less force to reach a target or teammate).
	2. Explain how the characteristics of an object (e.g., size, material, weight) affect performance of manipulative skills.
	3. Recognize offensive and defensive situations.
	4. Identify the choices to make (e.g., shoot, pass, dribble) to score a goal or point.
	B. Demonstrate knowledge of critical elements for more complex motor skills.
	1. Describe the critical elements of the manipulative skills (e.g., throw, catch, kick, strike) and activity-specific skills.
	2. Explain how appropriate practice improves performance.
Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	
	A. Describes current level of physical activity and identifies additional physical activity opportunities to create calorie balance.
	1. Identify school, home and community physical activity opportunities to meet physical activity guidelines.
	2. Track physical activity minutes inside and outside of school to determine progress toward daily recommendation.
	3. Identify a variety of nutritious food choices from each food group that will help balance the body with physical activity.

