

HEALTHFUL LIVING – Grade 3

COMPETENCY GOAL 6: The learner will demonstrate competency in a variety of movement forms and proficiency in a few to gain competence towards lifetime physical activities (NASPE Standard 1).

Objectives

- 6.01 Demonstrate modified, square and line dances.
- 6.02 Create sequences demonstrating changes of pathways, levels, force and direction with manipulatives.
- 6.03 Create and demonstrate a variety of gymnastic patterns with a rolling focus on inversion and rolling sequences.
- 6.04 Demonstrate the skills of throwing, catching, striking or trapping in an activity.
- 6.05 Successfully perform a variety of jump rope skills.

COMPETENCY GOAL 7: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities (NASPE Standard 2).

Objectives

- 7.01 Identify safe practices in physical activity settings.
- 7.02 Assess the major characteristics of mature walking, running, throwing, catching.
- 7.03 Identify and apply the critical elements of basic fitness.
- 7.04 Demonstrate principles of flexibility, muscular strength and endurance through a variety of activities.

COMPETENCY GOAL 8: The learner will exhibit a physically active lifestyle (NASPE Standard 3).

Objectives

- 8.01 Demonstrate positive attitude characteristics toward being physically active.
- 8.02 Engage in regular physical activity throughout the day.
- 8.03 Explore family and community opportunities to be active.

COMPETENCY GOAL 9: The learner will show evidence of an acceptable level of healthrelated fitness and be familiar with factors that benefit performance (NASPE Standard 4).

Objectives

- 9.01 Recall all of the components of a health-related fitness.
- 9.02 Complete a modified version of a health-enhancing personal fitness assessment and show improvement, including monitoring of the heart.
- 9.03 Demonstrate appropriate warm-up and cool down activities.

COMPETENCY GOAL 10: Exhibits responsible personal and social behavior that respects self and others at the same time as values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction (NASPE Standard 5 & 6).

Objectives

- 10.01 Compare and contrast the value of activity versus inactivity through individual and group settings.
- 10.02 Identify positive behaviors and comments to use during play situations.
- 10.03 Utilize and demonstrate positive behaviors and comments to use as acceptable methods of conflict resolution during play situations.