

PE Power Standards

GRADE 3

Expressive and Efficient Movement: Demonstrate knowledge of a variety of motor skills.
<ul style="list-style-type: none">• PE.03.EE.01 Review locomotor movements: stop and go, personal space, gallop, slide, hop, skip, leap, run, jump.
<ul style="list-style-type: none">• PE.03.EE.02 Demonstrate critical elements of throw, catch, and strike while moving.
<ul style="list-style-type: none">• PE.03.EE.03 Balance on a variety of body parts.
<ul style="list-style-type: none">• PE.03.EE.04 Demonstrate three different step patterns and combinations of movements in repeatable sequences.
Fitness for Lifetime: Demonstrate knowledge of a physically active lifestyle.
<ul style="list-style-type: none">•
Fitness for Lifetime: Understand the meaning of physical fitness and how personal fitness can be improved and maintained using a health-related fitness assessment as one tool for measuring.
<ul style="list-style-type: none">• PE.05.FL.02 Participate in assessment of health-related components of fitness.
Self-Management and Social Behavior: Understand appropriate and positive behavior management (social skills) and respect for all individual differences, including gender, ethnicity, and physical ability during physical activity.
<ul style="list-style-type: none">• PE.03.SM.01 Identify rules, procedures, and etiquette in physical activities.
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