

Physical Education Standards Third Grade

Rhythmic Skills

1.15 Perform a line dance, a circle dance, and a folk dance with a partner.

Manipulative Skills

1.12 Strike a ball continuously upward, using a paddle or racket.

Manipulative Skills

2.2 Explain and demonstrate the correct hand position when catching a ball above the head, below the waist, near the middle of the body, and away from the body.

Flexibility

3.6 Hold for increasing periods of time basic stretches for hips, shoulders, hamstrings, quadriceps, triceps, biceps, back, and neck.

Aerobic Capacity

4.2 List and define the components of physical fitness.

Social Interaction

5.5 Demonstrate respect for individual differences in physical abilities