

# Grades 3, 4, 5

Adopted 2014

**Demonstrate competency in motor skills, movement patterns and safety needed to perform a variety of physical activities.**

## **Locomotor and Nonlocomotor Movement**

1. Utilize locomotor and nonlocomotor movements in physical activities. [1.5.1](#)
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## **Manipulative Skills**

2. Perform manipulative skills in simple combinations. [1.5.2](#)
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## **Motor Skills and Movement Patterns**

3. Perform simple and moderate motor skills and movement patterns. [1.5.3](#)
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## **Safety**

4. Demonstrate safe practices while participating in physical activities. [1.5.4](#)
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**Apply knowledge of concepts, principles and strategies related to movement, performance and safety within physical activities.**

## **Concepts and Principles**

1. Recognize critical elements of movement skills. [2.5.1](#)
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## **Strategies**

2. Explain strategies within physical activities. [2.5.2](#)
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## **Safety**

3. Explain the importance of safety rules and procedures for self and others in physical activities. [2.5.3](#)
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**Participate regularly in physical activity.**

## **Moderate to Vigorous Physical Activity**

1. Participate in a variety of moderate to vigorous physical activities. [3.5.1](#)
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## **Establishing Healthy Activity Patterns and Values**

2. Demonstrate healthy activity patterns by participating in physical activity. [3.5.2](#)
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## **Self-Management Skills**

3. Demonstrate opportunities at school for regular participation in physical activities. [3.5.3](#)
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**Achieves and maintains a health-enhancing level of physical fitness**

### **Health-related Fitness Components**

1. Participate in various physical activities utilizing the health related fitness components. 4.5.1
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### **Physiological Effects & Benefits of Physical Fitness**

2. Explain the long-term benefits of participation in physical activity. 4.5.2