

3rd Grade Physical Education Targets

Motor Skills	Movement Knowledge	Self Control	Lifetime Behaviors
<p>___ I can demonstrate mature grade level form of dribble.</p>	<p>___ I can locate and count my heart beats after exercise.</p>	<p>___ I can remain on task without re-direction.</p>	<p>___ I can identify the importance of being physically active.</p>
<p>___ I can demonstrate mature grade level form of striking an object with a paddle, a racket or a bat.</p>	<p>___ I can explain components of physical fitness, cardio-respiratory, endurance, muscular endurance, muscular strength, body composition and flexibility.</p>	<p>___ I can accept individual responsibility for expected behavior during game play.</p>	<p>___ I can explain why rules are fair to all participants and allow for a safe and enjoyable game or activity.</p>
<p>___ I can demonstrate grade level form in shooting a basketball.</p>	<p>___ I can explain and identify rules of games or activities.</p>	<p>___ I can identify appropriate behaviors while participating in group activity.</p>	<p>___ I can cooperatively work with a small group to complete assigned tasks.</p>
<p>___ I can demonstrate a bump and serve in volleyball.</p>	<p>___ I can explain and identify major muscle groups.</p>		<p>___ I can take turns appropriately.</p>
<p>___ I can jump rope consecutively for 15 seconds.</p>	<p>___ I can explain and identify major bones in the body.</p>		