

National Standards Based Report Card - 3rd Grade

		Quarter			
Performance Indicators		1	2	3	4
Standard 1: Demonstrate competence in a variety of motor skills and movement patterns.					
S1.E1 Hopping, galloping, running, sliding, skipping, leaping	Leaps using a mature pattern. (S1.E1.3)				
S1.E2 Jogging, running	Travels showing differentiation between sprinting and running. (S1.E2.3)				
S1.E3 Jumping and Landing, horizontal	Jumps and lands in a horizontal plane using a mature pattern. (S1.E3.3)				
S1.E4 Jumping and Landing, vertical	Jumps and lands in a vertical plane using a mature pattern. (S1.E4.3)				
S1.E5 Dance	Performs teacher-selected and developmentally appropriate dance steps and movement patterns. (S1.E5.3)				
S1.E6 Combinations	Performs a sequence of locomotor skills, transitioning from one skill to another smoothly and without hesitation. (S1.E6.3)				
S1.E7 Balance	Balances on different bases of support, demonstrating muscular tension and extensions of free body parts. (S1.E7.3)				
S1.E8 Weight Transfer	Transfer weight from feet to hands for momentary weight support. (S1.E8.3)				
S1.E9 Weight Transfer, rolling	Applies skill.				
S1.E10 Curling and stretching; twisting and bending	Moves into and out of gymnastics balances with curling, twisting, and stretching actions. (S1.E10.3)				
S1.E11 Combinations	Combines locomotor skills and movement concepts (Levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance. (S1.E11.3)				
S1.E12 Balance and Weight transfers	Combines balance and weight transfers with movement concepts to create and perform a dance. (S1.E12.3)				
S1.E13 Throwing underhand	Throws underhand to a partner or target with reasonable accuracy. (S1.E13.3)				
S1.E14 Throwing overhand	Throws overhand, demonstrating 3 of the 5 critical elements of a mature pattern, in nondynamic environments (closed skills), for distance and/or force. (S1.E14.3)				
S1.E15 Passing with hands					
S1.E16 Catching	Catches a gently tossed hand-size ball from a partner, demonstrating 4 of the 5 critical elements of a mature pattern. (S1.E16.3)				
S1.E17 Dribbling/ball control with hands	Dribbles and travels in general space at slow to moderate jogging speed with control of ball and body. (S1.E17.3)				
S1.E18 Dribbling/ball control with feet	Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body. (S1.E18.3)				
S1.E19 Passing and receiving with feet	Passes and receives ball with the insides of the feet to a stationary partner, "giving" on reception before returning the pass. (S1.E19.3)				
S1.E20 Dribbling in combination					
S1.E21 Kicking	Uses a continuous rning approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each. (S1.E21.3a) Uses a continuous running approach and kicks a stationary ball for accuracy. (S1.E21.3b)				
S1.E22 Volleying underhand	Volleys an object with an underhand or sidearm striking pattern, sending it forward over a net, to the wall or over a line to a partner, while demonstrating 4 of the 5 elements of a mature pattern. (S1.E22.3)				
S1.E23 Volleying overhead					
S1.E24 Striking, short implement	Strikes and onject with a short handled implement, sending it forward over a low net or to a wall. (S1.E24.3a) Strikes an object with a short handled implement while demonstrating 3 of the 5 critical elements of a mature pattern. (S1.E24.3b)				
S1.E25 Striking, long implement	Strikes a ball with a long-handled implement (e.g., hockey stick, bat, golf club), sending it forward, while using proper grip for the implement. Note: Using batting tee or ball tossed by teacher for batting. (S1.E25.3)				
S1.E26 In combination with locomotor					
S1.E27 Jumping rope	Performs intermediate jump rope skills (e.g., a variety of tricks, running in and out of a long rope) for both long and short ropes. (S1.E27.3)				
Standard 2 - Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.					
S2.E1 Space	Recognizes the concept of open spaces in a movement context. (S2.E1.3)				
S2.E2 Pathways, shapes, levels	Recognizes locomotor skills specific to a wide variety of physical activities. (S2.E2.3)				
S2.E3 Speed, direction, force	Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher. (S2.E3.3)				
S2.E4 Alignment and muscular tention	Employs the concept of alignment in gymnastics and dance. (S2.E4.3a) Employs the concept of muscular tension with balance in gymnastics and dance. (S2.E4.3b)				
S2.E5 Strategies and tactics	Applies simple strategies and tactics in chasing activities. (S2.E5.3a) Applies simple strategies in fleeing activities. (S2.E5.3b)				
Standard 3 - Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.					
S3.E1 Physical Activity Knowledge	Charts participation in physical activities outside physical education class. (S3.E1.3a) Identifies physical activity benefits as a way to become healthier. (S3.E1.3b)				
S3.E2 Engages in Physical Activity	Engages in the activities of physical education class without teacher prompting. (S3.E2.3)				
S3.E3 Fitness Knowledge	Describes the concept of fitness and provides examples of physical activity to enhance fitness. (S3.E3.3)				
S3.E4 Fitness Knowledge	Recognizes the importance of warm-up and cool-down relative to vigorous physical activity. (S3.E4.3)				
S3.E5 Assessment and Program Planning	Demonstrates, with teacher direction, the health-related fitness components. (S3.E5.3)				

S3.E6 Nutrition	Identifies foods that are beneficial for before and after physical activity. (S3.E6.3)				
Standard 4 - Exhibits responsible personal and social behavior that respects self and others.					
S4.E1 Personal Responsibility	Exhibits personal responsibility in teacher-directed activities. (S4.E1.3)				
S4.E2 Personal REsponsibility	Works Independently for extended periods of time. (S4.E2.3)				
S4.E3 Accepting Feedback	Accepts and implements specific feedback from the teacher. (S4.E3.3)				
S4.E4 Working with Others	Works cooperatively with others. (S4.E4.3a) Praises others for their success in movement performance. (S4.E4.3b)				
S4.E5 Rules and Etiquette	Recognizes the role of rules and etiquette in physical activity with peers. (S4.E5.3)				
S4.E6 Safety	Works independently and safely in physical activity settings. (S4.E6.3)				
Standard 5 - Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.					
S5.E1 Health	Discuss the relationship between physical activity and good health. (S5.E1.3)				
S5.E2 Challenge	Discusses the challenge that come from learning a new physical activity. (S5.E2.3)				
S5.E3 Self Expression and Enjoyment	Reflects on the reasons for enjoying selected physical activities. (S5.E3.3)				
S5.E4 Social interaction	Describes the positive social interactions that come when engaged with other in physical activity. (S5.E4.3)				

Rating Scale for Achievement Standards

- 4 EXCEEDS expectation of grade-level indicator
- 3 MEETS expectation of grade-level indicator
- 2 PROGRESSING toward expectation of grade-level indicator
- 1 LIMITED PROGRESS toward expectation of grade-level indicator
- Not assessed as this time