

MONROE COUNTY COMMUNITY SCHOOL CORPORATION  
CURRICULUM GUIDE

**ELEMENTARY PHYSICAL EDUCATION  
GRADE 3**

**PROFICIENCY 1: STUDENTS SHOULD BE ABLE TO DEMONSTRATE INTEGRATION OF LOCOMOTOR, NON-LOCOMOTOR AND STABILITY SKILLS THROUGH PHYSICAL MOVEMENTS, ACTIVITIES, AND GAMES**

1.3.1 Participate in obstacle course maneuvers

1.3.2 Perform tumbling and stability skills

- tumbling and individual stunts
  - forward rolls
  - mule kick
  - backward rolls
  - tri-pods
  - cartwheels
  - round-offs
  - headstands
  - bi-pods
  - bridge and/or backbend
  - handstand
- partner stunts and rolls
- combination stunts

1.3.3 Perform fundamental stability skills

- partner stunts and rolls
- partner and individual balance stunts
- individual stunts

1.3.4 Perform fundamental locomotor skills

- running
- galloping
- hopping
- skipping
- leaping
- jumping
- sliding
- crossovers
- cariokas, grapevines

**PROFICIENCY 2:       STUDENTS SHOULD BE ABLE TO DEMONSTRATE THE ABILITY TO MANIPULATE OBJECTS THROUGH PHYSICAL MOVEMENTS, ACTIVITIES, AND GAMES**

2.3.1   Demonstrate efficient coordination of body parts to control objects

- catching and running
- catching and jumping
- catching and walking
- catching and throwing
- catching and tossing
- striking and running
- striking and jumping
- running and kicking

2.3.2   Demonstrate coordination in manipulating objects

- throwing/catching
  - target games
- swinging and striking
  - racquet sports
  - batting sports
  - hand/object sports (volleyball)
- punting and kicking
  - ball/foot
- miscellaneous objects
  - jump ropes
  - hoops, wands
  - parachutes
  - juggling scarves, balls, bean bags

**PROFICIENCY 3:       STUDENTS SHOULD BE ABLE TO PERFORM A VARIETY OF RHYTHMIC SKILLS IN INDIVIDUAL AND GROUP ACTIVITIES**

3.3.1   Perform simple pattern dances

- folk dance
- line dance
- contemporary/popular dances
- square dance

3.3.2   Demonstrate a variety of rhythmic movements to various beats and tempos



**PROFICIENCY 4:       STUDENTS SHOULD DEMONSTRATE SAFE AND APPROPRIATE  
USE AND CARE OF EQUIPMENT**

- 4.3.1   Evaluate safe and unsafe practices in performing activities and/or using equipment
- 4.3.2   Await instructions for using equipment properly
- 4.3.3   Recognize that the improper use of equipment may result in personal injury or injury to others
- 4.3.4   Take responsibility for classroom set up and clean up when appropriate

**PROFICIENCY 5:       STUDENTS SHOULD BE ABLE TO DEVELOP AN  
UNDERSTANDING OF HOW TO MEASURE AND MAINTAIN A  
REASONABLE LEVEL OF PHYSICAL FITNESS**

- 5.3.1   Engage in activities that maintain muscular strength
  - upper body
  - lower body
  - abdominal
- 5.3.2   Know characteristics of a healthy lifestyle
  - daily health enhancing physical activity
  - proper nutrition
- 5.3.3   Identify, understand, and participate in aerobic activity that promotes cardiovascular endurance
- 5.3.4   Engage in activities that develop and maintain the flexibility of major joints

**PROFICIENCY 6:       STUDENTS SHOULD BE ABLE TO INTEGRATE APPROPRIATE  
CURRICULAR IDEAS AND CONCEPTS THROUGH PHYSICAL  
ACTIVITY**

- 6.3.1   Reinforce academic skills and cultural awareness
- 6.3.2   Create movements to communicate a story or theme

### 6.3.3 Integrate concepts from other disciplines

**PROFICIENCY 7:       STUDENTS SHOULD BE ABLE TO EXHIBIT KNOWLEDGE OF RULES, STRATEGIES, AND BASIC SKILLS FOR GAMES AND SPORTS**

- 7.3.1   Demonstrate knowledge of rules, procedures, and etiquette that are safe and effective for a specific activity or game situation
  
- 7.3.2   Know rules and procedures for selected lead up games and sports

**PROFICIENCY 8:       STUDENTS, THROUGH PARTICIPATION IN PHYSICAL ACTIVITY, SHOULD DEMONSTRATE APPROPRIATE SOCIALIZATION SKILLS AND A POSITIVE SELF-CONCEPT**

- 8.3.1   Participate in physical activities and games reinforcing sportsmanship and community
  
- 8.3.2   Participate in physical activities and games which contribute to reinforcing a positive self-concept
  
- 8.3.3   Understand the elements of socially acceptable conflict resolution in physical activity settings
  
- 8.3.4   Understand the importance of playing, cooperating, and respecting others during physical activity regardless of personal capabilities or differences