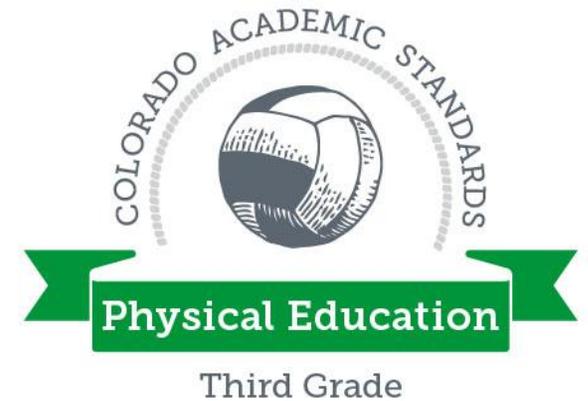


A Guide to the Colorado Academic Standards



Working Together

To support families and teachers in realizing the goals of the Colorado Academic Standards, this guide provides an overview of the learning expectations for Third Grade Physical Education. This guide offers some learning experiences students may engage in during this school year, experiences that may also be supported at home.

Why Standards?

Created by Coloradans for Colorado students, the Colorado Academic Standards provide a grade-by-grade road map to help ensure students are successful in college, careers, and life. The standards aim to improve what students learn and how they learn in ten content areas – emphasizing critical-thinking, creativity, problem solving, collaboration, and communication as important life skills in the 21st century.

Physical Education for Elementary Schools (k-5)

The Physical Education standards in the elementary years focus on enhancing health-related components of fitness and skill-related components of fitness and personal activity. In each grade, the standards ask students to demonstrate various movement concepts, assess personal behaviors, connect fitness development to body systems, and utilize safety procedures during physical activities.

Where can I learn more?

- Contact your school district regarding local decisions related to standards, curriculum, resources, and instruction.
- Colorado Academic Standards Booklets: <http://www.cde.state.co.us/standardsandinstruction/GradeLevelBooks.asp>
- Phyllis Reed, Comprehensive Health at 720-498-2059, Reed_p@cde.state.co.us



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At the end of
Third Grade,
students can...



Physical Education Learning Expectations for Third Grade

Movement Competence and Understanding

Demonstrate a variety of motor skill movements (running, crawling, walking, swimming) while participating in activities, games, and sports; perform physical movements that engage the brain (juggling, singing, dancing)

Physical and Personal Wellness

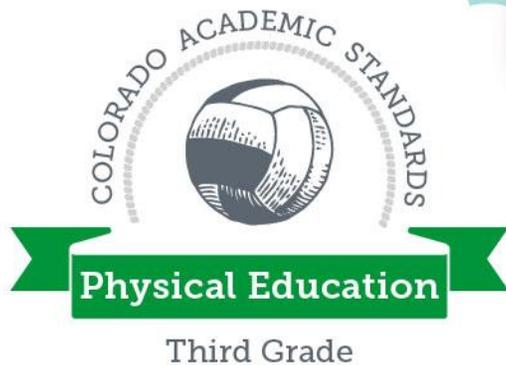
Identify the benefits of sustained physical activity that increases heart rate and breathing; understand basic body composition (water, muscle, bones, organs, fat, and other tissues)

Emotional and Social Wellness

Demonstrate positive social behaviors during class

Throughout the Third Grade, you may find students...

- Demonstrating changes of pathways, levels, forces, and direction with manipulatives (hoops, streamers, and balls); demonstrating ball throwing, catching, striking, or trapping during an activity;
- Combining movements in time to music
- Performing a variety of jump-rope skills using both short and long ropes; jumping rope to various tempos
- Explaining why the body perspires, the heart beats faster and breathing increases when participating in moderate to vigorous physical activity
- Identifying several moderate to vigorous physical activities
- Locating heart rate on at least two different pulse points on the body; comparing heart rate before, during, and after exercise; explaining that increasing the heart rate during physical activity strengthens the heart muscle
- Accepting and providing constructive feedback to classmates
- Following specific directions, rules, procedures, and etiquette during physical activity



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