## $3^{RD}$ GRADE PHYSICAL DEVELOPMENT CHECKLIST

## **Goals 19 - 24**

## Illinois Learning Standards A-C **Performance Descriptors**

MOVEM	IENT AND SAFETY
	Apply safe moving practices with some teacher prompts.
	Demonstrate a proper form while executing all locomotor and non-locomotor movements.
	Use correct form executing selected manipulative skills.
	Demonstrate control in general and self space.
	Move accurately in various directions (behind, ahead of, next to, near to, over, under, on, through, beside).
	Participate successfully in obstacle course activities.
	Participate successfully in dodging/fleeing activities without running into others or objects.
	Participate, with teacher prompts, in physical activities without interfering with others or objects.
	Identify simple cues involved in weight transfer and balance movements.
	Demonstrate the manipulation of objects to change direction and/or distance.
	Follow class rules, procedures, and safety practices.
	Demonstrate understanding of personal and group safety.
	Participate safely in group physical activity.
	Identify necessary precautions to avoid injury.
	Define offense and defense in activities, games, or sports.
FITNES	S
	Participate in health-related fitness activities.
	Match a variety of physical activities to their fitness component.

Use as a curriculum guide.

	_ Identify what activities will improve health-related fitness.
	_ Discuss the benefits of physical activity.
	Discuss changes that take place in the body before, during, and after physical activity.
	Differentiate between risks and benefits of health-related fitness activities.
	Discuss the importance of warm-up and cool down.
	Monitor the physiological changes occurring during moderate physical activity.
	Engage in activities that help achieve the target heart rate zone for a specific amount of time.
	Explain the immediate effects of exercise on the body.
	Explain effects of physical activity on the body when changing the level of intensity.
	_ Identify personal fitness strengths and weaknesses from Fitnessgram.
	_ Identify a realistic health-related goal.
	Monitor progress of a health-related fitness goal.
	Identify positive and negative behavioral choices and their impact on wellness levels.
RESPO	NSIBLE PLAY
	List the class procedures followed for participating in physical activity.
	_ Identify the safety procedures followed when participating in physical activity in class.
	Participate safely in group physical activity.
	Follow rules and directions when participating in group physical activity.
	Perform individual roles when participating in group physical activity.
	Complete a task in a given amount of time when participating in a group physical activity.

Use as a curriculum guide.

	_ Identify individual behaviors that need to be changed in order to work successfully in a group.
	_ Give examples of ways to settle disagreements.
GROUI	P PHYSICAL ACTIVITY
	_ Identify safety procedures followed when participating in structured group physical activity.
	Perform cooperatively with a partner when participating in a structured group physical activity.
	Complete a task with a partner or group in a given amount of time during group physical activity.
	Recognize the need for individual and shared goals during group physical activity.