

3RD GRADE PHYSICAL DEVELOPMENT CHECKLIST
Goals 19 - 24
Illinois Learning Standards A-C
Performance Descriptors

MOVEMENT 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.

FITNESS

- _____ Participate in health-related fitness activities.
- _____ Match a variety of physical activities to their fitness component.

- _____ 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.

RESPONSIBLE 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.

_____ Identify individual behaviors that need to be changed in order to work successfully in a group.

_____ Give examples of ways to settle disagreements.

GROUP 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.