

Identifier	Poplar - Grade 3 - Physical Education	Introduced	Completed
3 PE 1	LEARNING AND DEVELOPMENT OF MOTOR SKILLS		
3 PE 1.01	Utilize a movement vocabulary for manipulative, locomotor, and non-locomotor movement activities.		
3 PE 1.02	Apply basic elements to improve personal performance.		
3 PE 1.03	Apply the basic elements of a movement form in a dynamic environment.		
3 PE 1.04	Identify simple cues in the performance of peers.		
3 PE 1.05	Know how to monitor the physiological changes occurring during moderate physical activity (i.e., heavy and muscular breathing fatigue).		
3 PE 2	MOVEMENT FORMS		
3 PE 2.01	Demonstrate a mature form in most locomotor and nonlocomotor movements.		
3 PE 2.02	Combine manipulative skills in simple combinations (i.e., catch and throw, dribbling while running).		
3 PE 2.03	Perform a variety of manipulative skills in an uncomplicated yet changing environment.		
3 PE 2.04	Sequence combinations of more complex weight transfer and balance movements (i.e., balance to a roll).		
3 PE 3	MOVEMENT AS COMMUNICATION		
3 PE 3.01	Create shapes at high, medium, and low levels in a movement sequence with a partner.		
3 PE 3.02	Demonstrate locomotor movements in varying directions and pathways with a partner.		
3 PE 3.03	Demonstrate qualities of movement with a partner.		
3 PE 3.04	Create a movement sequence with a beginning, middle, and end with a partner with or without a prop (i.e., lummi sticks, streamers).		
3 PE 3.05	Demonstrate partner skills (i.e., copying, leading, following, and/or mirroring).		
3 PE 3.06	Express emotions through movement (i.e., happy, sad, angry).		
3 PE 3.07	Observe and discuss how dance differs from and/or is the same as sports and everyday actions.		
3 PE 3.08	Perform various movements to a steady beat with or without a prop with a partner.		
3 PE 3.09	Move to a steady beat at various tempos.		
3 PE 3.10	Perform folk and/or social dances from various cultures.		
3 PE 4	INDIVIDUAL FITNESS		
3 PE 4.01	Describe implications of the results of formal health-related fitness assessment.		
3 PE 4.02	Sustain moderate to vigorous physical activity for longer periods of time to improve physical fitness.		
3 PE 4.03	Engage in activity that results in the development of health-related components.		
3 PE 4.04	Identify proper warm-up, conditioning, and cool-down techniques and the reason for using them.		
3 PE 5	SOCIAL INTERACTION		
3 PE 5.01	Apply class rules, procedures, safe practices, and etiquette with limited or no teacher reinforcement.		
3 PE 5.02	Identify positive responses to challenges, successes, and failures in physical activity (i.e., sportsmanship).		
3 PE 5.03	Understand and accept purpose for modifying activities with regard to diversity and physical ability.		
3 PE 5.04	Understand the connection between a dance, game, or sport and the culture in which it originates.		