

Third Grade Standards

S1.E3.3-Jumping & Landing, Horizontal

Jumps and lands in a horizontal plane using a mature pattern

- HORIZONTAL JUMPING CHECKLIST
 1. Arms back and knees bend in preparation for jumping action
 2. Arms extend forward as body propels forward
 3. Body extends and stretches slightly upward while in flight
 4. Hips, knees and ankles bend on landing
 5. Shoulders, knees and ankle align for balance after landing
- Assessing
 1. Novice: Student can rarely jump and land in a horizontal plane using a mature pattern
 2. Partially Proficient: Student can sometimes jump and land in a horizontal plane using a mature pattern
 3. Proficient: Student can almost always jump and land in a horizontal plane using a mature pattern

S1.E27.3-Jumping Rope

Performs intermediate jump rope skills (e.g., a variety of tricks, running in and out of long rope) for both long and short ropes

- JUMP ROPE SKILLS
 1. Short rope
 - a. Criss Cross feet-six times
 - b. Criss Cross Arms-one time
 - c. Double Twirl to one jump-one time
 - d. High Knee Running in place-six times
 - e. Skier Jumps over a line-six times
 2. Long Rope
 - a. Enter long rope and jump three times without stopping and exit
 - b. Enter long Jump rope and make 90 degree turns in a full circle and exit
 - c. Enter long Jump rope and touch the ground two times and exit
- Assessing
 1. Novice: Zero skills performed
 2. Partially: 1 skill performed
 3. Proficient: 2 skills performed
 4. Advanced: 3 or more skills performed

S3.E2.3-Engages in Physical Activity

ASSESSMENT

- 1-Novice: Student rarely begins an activity once it starts, participates independently throughout the activity, gives best effort, and easily adapts to new tasks and challenges.
- 2-Partially Proficient: Student sometimes begins an activity once it starts, participates independently throughout the activity, gives best effort, and easily adapts to new tasks and challenges.
- 3-Proficient: Almost always begins an activity once it starts, participates independently throughout the activity, gives best effort and adapts to new tasks and challenges.
- 4-Advanced: Always begins an activity once it starts, participates independently throughout the activity, gives best effort, and easily adapts to new tasks and challenges.

S4:E4.3 Working With Others

ASSESSMENT

- 1-Novice: Student rarely works cooperatively with others in small group settings.
- 2-Partially Proficient: Student sometimes works cooperatively with others in small group settings.
- 3-Proficient: Student almost always works cooperatively with others in small group settings.
- 4-Advanced: Student always works cooperatively with others in small group settings.

S4:E5.3 Rules & Etiquette

ASSESSMENT

- 1-Novice: Rarely exhibits classroom procedures and adherence to rules in a variety of physical activities.
- 2- Partially Proficient: Sometimes exhibits classroom procedures and adherence to rules in a variety of physical activities.
- 3-Proficient: Almost always exhibits classroom procedures and adherence to rules in a variety of physical activities.
- 4-Advanced: Always exhibits classroom procedures and adherence to rules in a variety of physical activities.

S4.E6.3 Safety

ASSESSMENT

- 1-Novice: Rarely works independently and safely with equipment in physical activity settings.
- 2-Partially Proficient: Sometimes works independently and safely with equipment in physical activity settings.
- 3-Proficient: Almost works independently and safely with equipment in physical activity settings.
- 4-Advanced: Always works independently and safely with equipment in physical activity settings.