

Physical Education Grade 3

Active Living

OUTCOMES		1 – Beginning The student is having difficulty demonstrating an understanding of the concept.	2 – Approaching The student is developing an understanding of the concept.	3 – Meeting The student consistently demonstrates an understanding of the concept or has achieved the concept.	4 - Exemplary The student independently demonstrates an in-depth understanding of the concept, and consistently applies this knowledge to new situations.
3.1 Health-Related Fitness I can apply a repertoire of strategies for developing components of health-related fitness, (cardiovascular endurance, flexibility, muscular endurance, and muscular strength), through movement activities during scheduled times in school, at home, and in the community.	Fitness	<ul style="list-style-type: none"> I require extensive guidance to engage in a few activities that include cardiovascular endurance, muscular endurance and flexibility exercises. I can consistently sustain moderate to vigorous movement activities that increase heart-rate and respiration for significantly less than seven minutes on a consistent basis. 	<ul style="list-style-type: none"> With guidance, I can engage in several activities that include cardiovascular endurance, muscular endurance and flexibility exercises. I can consistently sustain moderate to vigorous movement activities that increase heart-rate and respiration approaching seven minutes on a consistent basis. 	<ul style="list-style-type: none"> I engage in many activities that include cardiovascular endurance, muscular endurance and flexibility exercises. I can consistently sustain moderate to vigorous movement activities that increase heart-rate and respiration for seven minutes on a consistent basis. 	<ul style="list-style-type: none"> I can consistently and independently engage in activities that include cardiovascular endurance, muscular endurance and flexibility exercises. I can consistently sustain moderate to vigorous movement activities that increase heart-rate and respiration for more than seven minutes on a consistent basis.
	Warming up	<ul style="list-style-type: none"> I require frequent guidance to engage in a variety of individual and group activities that support proper warm up strategies. 	<ul style="list-style-type: none"> With guidance, I engage with limited understanding in some individual and group activities that support proper warm up strategies. 	<ul style="list-style-type: none"> I engage in many individual and group activities that support proper warm up strategies. 	<ul style="list-style-type: none"> I consistently and independently engage in a variety of individual and group activities that support proper warm up strategies.

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Comments				
3.2 Active Living I can evaluate the role of participation in movement activities in providing opportunities for enjoyment, challenge, self-expression, social interaction, increased skill competency, stress reduction, active work life, use of leisure time, contact with nature, and involvement in communities.	<ul style="list-style-type: none"> • With extensive guidance, I can explain some benefits of participation in movement activities, including: enjoyment, challenge, self-expression, social interaction, skill competency, stress reduction, active work life, use of leisure time, contact with nature, and community involvement. 	<ul style="list-style-type: none"> • With guidance, I can explain some benefits of participation in movement activities, including: enjoyment, challenge, self-expression, social interaction, skill competency, stress reduction, active work life, use of leisure time, contact with nature, and community involvement. 	<ul style="list-style-type: none"> • I can explain many benefits of participation in movement activities, including: enjoyment, challenge, self-expression, social interaction, skill competency, stress reduction, active work life, use of leisure time, contact with nature, and community involvement. 	<ul style="list-style-type: none"> • I can compare the benefits of participation in movement activities, including: enjoyment, challenge, self-expression, social interaction, skill competency, stress reduction, active work life, use of leisure time, contact with nature, and community involvement.
	<ul style="list-style-type: none"> • With extensive guidance, I can evaluate my own commitment to staying involved in movement activities against some given criteria. 	<ul style="list-style-type: none"> • With guidance, I can evaluate my own commitment to staying involved in movement activities against some given criteria. 	<ul style="list-style-type: none"> • I can evaluate my own commitment to staying involved in movement activities against given criteria. 	<ul style="list-style-type: none"> • I can evaluate my own commitment to staying involved in movement activities against criteria I have set for myself.
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<p>3.7 Strategies and Skills</p> <p>I can select and use effective movement skills, tactics, and strategies while participating in:</p> <ul style="list-style-type: none"> • low-organizational, inventive, and cooperative games; • small-sided and lead-up target games (e.g., bowling, curling, ring or hoop toss, bocce ball); • small-sided and lead-up striking/fielding games; • small-sided and lead-up invasion/territorial games; • alternate-environment activities. 	<ul style="list-style-type: none"> • I require extensive guidance to participate in a variety of alternate activities focusing on enhanced understanding and skill. • I require extensive guidance to identify the intention of some games. • With extensive guidance, I can apply effective tactics in some games. • With extensive guidance, I can choose movement skills effectively OR apply correct performance cues. 	<ul style="list-style-type: none"> • With guidance, I can participate in some alternate environment activities focusing on enhanced understanding and skill. • With guidance, I can identify the intention of some games. • I can apply effective tactics in some games. • With guidance, I can choose movement skills effectively OR apply correct performance cues. 	<ul style="list-style-type: none"> • I participate in many alternate environment activities focusing on enhanced understanding and skill. • I can identify the intention of many games. • I can apply effective tactics in many games. • I can choose movement skills effectively AND apply correct performance cues. 	<ul style="list-style-type: none"> • I can consistently and independently participate in a variety of alternate environment activities focusing on enhanced understanding and skill. • I can consistently and independently identify the intention of games, and explain an appropriate strategy. • I can apply effective tactics in almost all games, and choose the movement skills suited to them. • I can choose movement skills effectively and strategically, and apply correct performance cues.

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