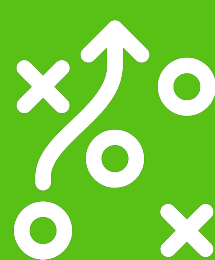


GRADES 3-5



Standard 1: MOVEMENT FORMS - Use motor skills and movement patterns to perform a variety of physical activities

FUNDAMENTAL SKILLS	PE.3-5.1.1	Use locomotor and non-locomotor skills in a mature (proper) form
	PE.3-5.1.2	Use manipulative skills in a mature (proper) form
MODIFIED/LEAD-UP GAMES AND ACTIVITIES	PE.3-5.1.3	Use combinations of mature (proper) movement forms, including locomotor, non-locomotor, and manipulative skills



Standard 2: COGNITIVE CONCEPTS - Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities

MODIFIED/LEAD-UP GAMES AND ACTIVITIES	PE.3-5.2.1	Apply movement tactics in simple and modified activities
SAFETY AND PLAY ETIQUETTE	PE.3-5.2.2	Identify procedures for safe participation in physical activities



Standard 3: ACTIVE LIFESTYLE - Participate regularly in physical activity

INDIVIDUAL, DUAL, AND LIFETIME ACTIVITIES	PE.3-5.3.1	Participate regularly in physical activities that contribute to an active lifestyle and bring personal enjoyment
	PE.3-5.3.2	Describe the health-related benefits of regular participation in physical activities



Standard 4: PHYSICAL FITNESS - Know ways to achieve and maintain a health-enhancing level of physical fitness

FITNESS AND CONDITIONING-RELATED ACTIVITIES	PE.3-5.4.1	Identify the components of health-related physical fitness
	PE.3-5.4.2	Use appropriate methods to monitor physiological changes before, during, and after physical activity
	PE.3-5.4.3	Describe ways in which moderate to vigorous physical activities can improve the health-related components of fitness

