

Power Standards and Benchmarks

Third Grade

Physical Education Standard:

Third Grade

Power Benchmark 1: Students will identify and model a health-enhancing level of physical fitness

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. Participates regularly in vigorous physical activity	Aerobic Anaerobic Cardio-vascular Endurance Strength Flexibility BMI	Physical fitness testing, aerobic activities, fitness activities, Introduce BMI	Pedometers, pull-up bars, sit-and-reach benches, stop watches, heart rate monitors, shuttle run blocks
b. Identifies mental and emotional benefits that result from participation in physical activities	Mood Fatigue	Identifies concept of physical activity improving mood, identifies positive influence of physical activity on the brain.	Brain-Obics Brain Gym CBBC materials
c. Is aware of his/her heart rate during physical activity	Target Heart Rate Maximum Heart Rate	Counts heart beats/minute	Clock, heart rate chart by age

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Power Benchmark 2: Students will demonstrate movement forms at appropriate developmental level

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. Manipulates a variety of objects	Punt Dribble Place Kick Drop Kick Throw-in Centering Shooting Free throw Pass, Serve, Set Hand-off Juggling Swing Pitch	Punt a football, dribble soccer/basketball, Place kick a football, Drop kick a soccer ball, Throw-in a soccer ball, center a football, Shoot a basketball, Passing a soccer/basketball/football/volleyball, Serve a volleyball/tennis ball, Setting a volleyball, Hand-off football/baton, Juggling scarves, Swing a bat/racquet, Pitch a ball	Balls, scarves, bats, racquets, beanbags, baton, batting tees
b. Performs balancing activities individually and with partners	Formation Static balance Dynamic balance	Transfers weight from feet to hands at fast and slow speeds using large extensions Performs variety of partner balances	Mats, pictures of partner and small group stunts, balance beam
c. Rolls forward and backward in a variety of positions	Pike Straddle Layout	Performs forward roll in variations, performs back or shoulder roll in variation	Mats, pictures of positions

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Power Benchmark 3: Students will apply concepts and principles of movement to the learning and developing of physical skills.

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
<p>a. Demonstrate the ability to change directions while manipulating equipment</p> <p>b. Travels in a variety of directions using locomotor skills while manipulating equipment</p>	<p>Evade</p>	<p>Avoids defensive take-away in basketball, floor hockey, and soccer</p> <p>Demonstrates a shuttle run</p> <p>Can dribble a basketball while moving,</p> <p>Can dribble a soccer ball while moving</p> <p>Can carry a football while moving</p> <p>Can hand off a baton while moving</p>	<p>Balls, erasers/blocks</p>

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Power Benchmark 4: Students will demonstrate cooperative skills in a physical setting.

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. Knows and applies rules and procedures in the gymnasium and outdoor physical education areas.	Expectations	Procedures Life Skills	Life Skills Resources
b. Interacts positively with students in class regardless of personal differences	Respect Diversity Patience	Works in diverse groups Assesses own performance problems without blaming others	Life Skills Resources
c. Demonstrates cooperation with others in group tasks	Teamwork Competition	Works together to complete a common goal Accepts the leader's decision regarding group/team/partner arrangements without displaying negative reaction	Life Skills Resources