

Zumbrota-Mazeppa Elementary Physical Education Power Standards

THIRD GRADE

- 1) I can demonstrate proper form and body control when chasing, fleeing and moving away from others.
- 2) I can perform with a partner in a line, circle and folk dances.
- 3) I can apply throwing, catching, striking, kicking and dribbling in drills with self or partner.
- 4) I can throw a ball at a moving target, foot-dribble a ball while traveling and changing directions.
- 5) I can understand that practice, attention and effort are required to improve skills.
- 6) I can demonstrate warm-up and cool-down exercises.
- 7) I can participate 4-5 days per week, for increasing periods of time, in continuous moderate to vigorous physical activities to increase breathing and heart rate.
- 8) I can list and define the components of physical fitness.
- 9) I can describe changes in heart rate before, during, and after physical activity.
- 10) I can collect and record progress data on fitness tests and motor skills.