

**Helena Public Schools**  
**Grade 3**  
**Physical Education Specialist**  
**Health and Wellness**

**Health Maintenance & Enhancement**

- Describe how personal health is enhanced by behaviors
- Explain why it is important to participate in healthy activities
- Recognize that eating healthy & being active will help maintain a healthy body
- Identifies cardio respiratory endurance, muscular endurance, muscle strength, flexibility
- Participates in class activities
- Locomotor walk, skip, run, gallop, hop, jump, jog, slide sideways, grapevine (carioca), sprint, leap or combinations.
- Throwing overhand, underhand with control, accuracy & distance
- Catching one hand / two hands
- Dribbling hands / feet
- Volley an object using hands/racquet & with a partner
- Rhythm-follow a variety of rhythmic movements to music
- Balance-perform a sequence on a mat that combines stationary & traveling balances, balance with a partner, balance on equipment, perform forward, backward, shoulder & side rolls in a sequence, transfer weight from feet to hands
- Jump for height, jump for distance, jump rhythmically, fall with control
- Jump a single rope, long rope
- Uses appropriate feedback to improve individual performance
- Develop a basic movement vocabulary (e.g. spatial awareness, effort, relationships, locomotor skills, non-manipulative, manipulative)
- Awareness of rules used in games & activities
- Reviews needs for obeying safety rules at home, school, work or play

**Functions & Interrelationships of Systems**

**Support the following competencies:**

- Describe the functions of the skeletal system (e.g., protects body parts, supports the framework, works with muscles)
- Monitor pulse/ heart rate
- Recognize the functions of the respiratory system (e.g., exchange of carbon dioxide & oxygen)

**Risk Assessment & Reduction**

- Identify bus, biking & walking safety expectations
- Demonstrate proper use of safety equipment
- Apply safe practices & procedures in & around water