

Physical Education – grades 3 & 4
Hartley-Melvin-Sanborn CSD
Grade Level/Course Benchmarks

Standard 1

- 3-4.1 Execute basic sport skills for a variety of physical activities.
- 3-4.2 Advance skill in basic stunt, balance, and tumbling skills.
- 3-4.3 Continue physical growth with attention on fitness elements such as strength, agility, endurance, and balance.
- 3-4.4 Using beginning strategies for net and team play.

Standard 2

- 3-4.5 Engages in activities that develop and maintain cardio endurance.
- 3-4.6 Understands and performs the correct fundamental skills for performance.
- 3-4.7 Understand proper warm up and cool down activities.
- 3-4.8 Increase their knowledge about their bodies and how to keep them fit.

Standard 3

- 3-4.9 Chooses activities based on a variety of factors (interests, size, coordination).
- 3-4.10 Knows the effects of physical activity (soreness, pulled muscles, injuries).
- 3-4.11 Knows that there are physical activity options both in and out of school.
- 3-4.12 Understands the benefits of physical activity.

Standard 4

- 3-4.13 Engages in activities that develop and maintain cardio respiratory endurance.
- 3-4.14 Engages in activities that develop and maintain muscular strength.
- 3-4.15 Knows the effects of physical activity and nutrition on the body.
- 3-4.16 Engages in activities that develop flexibility.

Standard 5

- 3-4.17 Follows rules and procedures.
- 3-4.18 Understands the purpose for rules.
- 3-4.19 Works cooperatively with others.
- 3-4.20 Uses equipment and space properly.
- 3-4.21 Understands why safety is important.