

HEALTHFUL LIVING – PHYSICAL EDUCATION

NORTH CAROLINA STANDARD COURSE OF STUDY

MOTOR SKILL DEVELOPMENT

3.MS.1 Apply competent motor skills and movement patterns needed to perform a variety of physical activities.

- PE.3.MS.1.1 Execute combinations of simple locomotor skills and manipulative skills.
- PE.3.MS.1.2 Apply basic manipulative skills while moving/traveling.
- PE.3.MS.1.3 Execute mature form when combining locomotor skills with changes in direction.
- PE.3.MS.1.4 Use variations of different locomotor skills with rhythmic patterns and smooth transitions.

MOVEMENT CONCEPTS

3.MC.2 Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.

- PE.3.MC.2.1 Illustrate how practice, attention and effort are required to improve skills.
- PE.3.MC.2.2 Integrate the essential elements of correct form for the five fundamental manipulative skills.
- PE.3.MC.2.3 Evaluate individual skills using a rubric based on critical cues.
- PE.3.MC.2.4 Illustrate a variety of activities that are associated with four or more of the health-related fitness components.

HEALTH-RELATED FITNESS

3.HF.3 Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

- PE.3.HF.3.1 Summarize four or more of the five health related fitness assessments and the associated exercises.
- PE.3.HF.3.2 Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.
- PE.3.HF.3.3 Implement moderate to vigorous physical activities that increase breathing and heart rate, at least four to seven times each week, for increasing periods of time.

PERSONAL/SOCIAL RESPONSIBILITY

3.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

- PE.3.PR.4.1 Use self-control to demonstrate personal responsibility and respect for self and others.
- PE.3.PR.4.2 Use cooperation and communication skills to achieve common goals.
- PE.3.PR.4.3 Explain the importance of working productively with others.