Learning Targets for
Physical Education
Grade 3

School District of Marshfield
Even and Odd Years- Some sport related targets are taught on an alternating year basis.

A. Social Skill Learning Targets
- **A.3.1** Listens and follows directions
- **A.3.2** Is willing to participate
- **A.3.3** Demonstrates respectful behaviors toward teachers and students
- **A.3.4** Works cooperatively in group situation
- **A.3.5** Participates in safe manner for self, others, and with equipment
- **A.3.6** Wears proper gym shoes

B. Heart Related Fitness Targets
- **B.3.1** Jogs at a constant pace for 3 minutes 80% of attempts
- **B.3.3** Heart Rate Monitors-Will be able to put on and find a reading of own heart rate within the first 5 minutes of class

C. Sport Related Targets
- **C.3.1** Punts a soccer/football in a forward direction
- **C.3.2** Strikes a thrown ball with a bat using proper technique
- **C.3.3** Leaps one foot to the other over a 12 to 18 hurdle
- **C.3.4** Passes a tossed volleyball with forearms (bump) back to partner above head level
- **C.3.5** Swings partner skipping to the beat of the music
- **C.3.6** Juggling-Demonstrates a two item cascade in ten sequences with scarves
- **C.3.7** Bicycling-Demonstrates a proper sequence of a driveway ride-out (alternate year)
- **C.3.8** Adventure and climbing-Correctly performs preflight safety checks; harness and carabineers
- **C.3.9** Dribbles a basketball the length of gym, eyes looking forward with dominant hand (Odd year)
- **C.3.10** Performs single bounce and double bounce ten consecutive times with self-turned rope (Odd year)

C.3.11 Low Beam Balance-Performs a forward gallop, backward walk, and two pivot turns without falling off (Odd year)

C.3.12 Donkey Kick-Performs with weight on hands, kicking legs straight out, hips extended (Odd year)

D. FitnessGram testing is done as well with each student.

D.3.1 Height

D.3.2 Weight

D.3.3 Sit and reach

D.3.4 Curl-up

D.3.5 Push-up (optional)

D.3.6 Pacer Test (running)

D.3.7 Shoulder Stretch (optional)