

**Grade 3 – HEALTH AND PHYSICAL EDUCATION
Skills Based Report Card**

Health Skills and Expectations	Standards	Students will be able to.....
Develops strategies to reduce the risk of injuries at home, school and in the community	2.1.D Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.	<ul style="list-style-type: none"> ● Determine safe and unsafe environments ● Practice safety skills on bikes and in cars ● Understand street safety when walking to school
Understands how healthy eating provides energy, helps maintain healthy weight, lowers risk of disease and keeps the body functioning effectively	2.1.B Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.	<ul style="list-style-type: none"> ● Understand foods that give our body energy ● Practice healthy eating habits ● Understand how to read food labels and determine healthy choices
Physical Education Skills and Expectations		
Demonstrates an understanding of basic rules, strategies and skills during team sport activities	2.5.B Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle	<ul style="list-style-type: none"> ● Show an ability to follow rules ● Begin to develop strategies in games and activities ● Demonstrate proper throwing, catching and kicking skills
Demonstrates basic safety, sportsmanship and teamwork qualities during individual and group activities	2.5.C Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle	<ul style="list-style-type: none"> ● Demonstrate appropriate behavior as a player and observer ● Apply rules and procedures ● Understand safety in games and activities
Demonstrates and understanding of how to perform and achieve fitness goals	2.6.A Fitness: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.	<ul style="list-style-type: none"> ● Begin physical fitness testing ● Track progress and utilize goal setting ● Develop strategies to improve fitness