

Physical Education

3rd grade Benchmarks

Name _____

Class _____

Unit 1 Fitness	1 semester	2 semester
Complete & analyze Fitnessgram results		
Unit 2 Health & Wellness		
List 3 strategies that could help with weight control or stress		
Unit 3 Team Sports		
Demonstrate appropriate, cooperative, social, and teamwork skills while participating in game situations.		
Soccer Skills:		
• Dribble		
• Pass		
• Trap		
Unit 4 Individual / Dual Sports		
Listens/Follows teacher direction and cues		
Dance:		
• Can keep basic beat and rhythm		
• Demonstrate correct step patterns for basic dance		

Academic Marking Guide

- 3-** The student has **met or exceeded expectations for this quarter** in the standard.
- 2-** The student **shows growth/progress** in the standard.
- 1-** The student **needs support** at school and home in the standard.
- NA-** Skill is not a requirement at this time.