



BROWNELL TALBOT

Grades 3-5 Physical Education Standards

PE.1 Physical Activity Skills and Movement Patterns	
PE 1.1 Performs locomotor skills in a variety of environments	PE 1.1.a Demonstrates the combination of locomotor skills with manipulative skills (e.g., dribbling, throwing, catching, striking)
PE 1.2 Performs manipulative skills in a variety of environments	PE 1.2.a Throws to a partner or target with accuracy at a designated distance
	PE 1.2.b Catches a thrown ball at various levels (e.g, overhand and underhand) using a mature pattern in a non-dynamic environment
	PE 1.2.c Dribbles with feet in general space, with control of ball and body, while increasing and decreasing speed
PE.2 Movement Concepts, Strategies, and Tactics	
PE 2.1 Applies knowledge of strategies and tactics in a variety of environments	PE. 2.1.a Applies simple offensive and defensive strategies in chasing and fleeing games
PE.3 Health-Related Physical Activity and Fitness	
PE 3.1 Engages in physical activity	PE 3.1.a Engages in physical activity in physical education class without teacher prompting
PE.3.2 Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness.	PE 3.2.a Demonstrates warm-up and cool-down for cardio-respiratory self-evaluation
PE.4 Responsible Behavior	
PE 4.1 Exhibits responsible social behavior when working with others	
PE 4.2 Follows rules and demonstrates proper etiquette	
PE 4.3 Participates safely in physical activities	
PE.5 Physical Activity Benefits	
PE.5.1 Recognizes the benefits of physical activity for health	
PE 5.2 Recognizes the benefits of physical activity for self-expression and enjoyment	
PE 5.3 Recognizes the benefits of physical activity for social interaction	