

Lemont-Bromberek Combined School District 113A

Third Grade Physical Development and Health Goals

Students will:

Health-Enhancing Physical Activity

- Demonstrate the ability to use locomotor movements and combinations.
- Display long and short rope skills. (R)
- Perform dribbling and passing with a variety of balls. (R)
- Demonstrate striking skills. (R)
- Perform underhand serves. (I)
- Display jumping hurdles and passing a baton. (E)
- Demonstrate balance while performing stunts. (E)
- Show rhythm while performing dances. (R)
- Describe proper body alignment and weight transfer. (I)
- Understand concepts related to balance and stability (low center of gravity, wide base). (I)
- Recognize that games have rules and boundaries for safe play. (R)
- Demonstrate knowledge of offensive and defensive strategies. (E)

Physical Fitness/Self-Assessment

- Recall all of the components of health-related fitness and benefits of exercise. (I)
- Participate in health related fitness assessment. (E)
- Understand the concept of cardio respiratory fitness. (E)
- Explain target heart rate as it pertains to fitness training. (E)
- Monitor their individual heart rate during physical activity. (E)
- Understand fitness assessments for each component of fitness. (E)
- Set goals to improve fitness levels. (E)

Team Building

- Utilize several conflict resolution strategies. (I)
- Play fair and abide by the rules for all games. (R)
- Follow proper safety methods. (R)
- Stay on task for all games, drills and activities. (R)
- Work positively with others. (R)

Health Promotion and Safety

- Understand benefits of early detection and treatment of illness. (E)
- Know ways to prevent accidents and injuries. (I)
- Understand how peer pressure can affect your health and nutrition. (I)
- Use the MyPlate concept (USDA) to identify components of a healthy meal that includes the five food groups. (R-State Mandate)
- Identify and practice safe procedures related to bus transportation. (R-State Mandate)
- Recognize the danger of and avoid abduction. (R-State Mandate, Lemont Police Department may provide assistance with instruction)
- Recognize methods for the prevention and avoidance of alcohol, drug and substance abuse. (R-State Mandate, Lemont Police Department may provide assistance with instruction)
- Recognize consequences of alcohol, drug and substance abuse. (R-State Mandate, Lemont Police Department may provide assistance with instruction)

- Recognize the consequences of being involved in an exclusive group (precursor to “gang”) through development of conflict resolution, cultural sensitivity, personal goal setting and the resistance of peer pressure. (R-State Mandate, Lemont Police Department may provide assistance with instruction)
- Develop an awareness of Internet threats and risks, including child predators, fraud and other dangers. (R-State Mandate)
- Develop an age-appropriate awareness about sexual abuse, assault and prevention. (State Mandate).