Grade 3 Physical & Health Ed

Curricular Competencies

Big Ideas

*Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being.

*Movement skills and strategies help us learn how to participate in different types of physical activity.

*Adopting healthy personal practices and safety strategies protects ourselves and others.

*Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships.

*Our physical, emotional, and mental health are interconnected.

Content

	Physical Literacy					Health & Active Living					Social & Community			Mental Well-Being		
	Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments	Apply a variety of movement concepts and strategies in different physical activities	Apply methods of monitoring exertion levels in physical activity	Develop and demonstrate safety, fair play, and leadership in physical activities	Identify and explain factors that contribute to positive experiences in different physical activities	Participate daily in physical activity at moderate to vigorous intensity levels	Identify and describe opportunities to be physically active at school, at home, and in the community	Explore and describe strategies for making healthy eating choices in a variety of settings	Describe ways to access information on and support services for a variety of health topics	Explore and describe strategies for pursuing personal healthy-living goals	Identify and describe avoidance or assertiveness strategies to use inunsafe and/or uncomfortable situations	Describe and apply strategies for developing and maintaining positive relationships	Explain how participation in outdoor activities supports connections with the community and environment	Identify and apply strategies that promote mental well-being	Describe physical, emotional, and social changes as students grow older	Describe factors that influence mental well-being and self-identity
proper technique for fundamental movement skills, including non-locomotor,locomotor, and manipulativeskills																
movement concepts andstrategies																
ways to monitor physical exertion levels																
different types of physical activities, including individual and dual activities, rhythmic activities, and games																
practices that promote health and well-being, including those relating to physical activity,sleep, and illness prevention																
nutrition and hydration choices to support different activities and overall health																
strategies for accessing health information																
strategies and skills to use in potentially hazardous, unsafe, or abusive situations																
nature and consequences of bullying																
effects of different substances, and strategies for preventing personal harm																
relationship between worries and fears																
factors that influence self-identity																