

TALPERD
Texas Physical Education TEKS Framework
3rd Grade TEKS and Specificity

			TEKS	Specificity
Strand	Topic	Theme	The student is expected to:	The student is expected to:
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	3.1A travel forward, sideways, and backwards and change directions quickly and safely in dynamic situations.	<i>safely perform fundamental movement skills while traveling in general space such as changing directions and speed.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	3.1B demonstrate proper form and smooth transitions during combinations of fundamental locomotor and body control skills such as running and jumping safely in dynamic situations.	<i>perform fundamental locomotor and body control skills while participating in activities such as task stations, simple obstacle courses, dodging activities, following teacher cues, and story activities.</i>
I. Movement	III. Locomotor Skills	a. Basic Locomotor Skills	3.1C demonstrate mature form in jogging, running and leaping.	<i>practice proper jogging, running and leaping techniques such as body balance, arm swing, foot strike, take-off, and landing on opposite foot with weight transfer.</i>
A. Movement	II. Non Locomotor Skills	a. Balance	3.1D demonstrate moving in and out of a balance position with control.	<i>execute and control transfer of weight while moving in and out of a balance position including hop, jump, mount and dismount (example, boxes, benches, steps and beams).</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	3.1E demonstrate proper body alignment in lifting, carrying, pushing, and pulling.	<i>demonstrate proper body alignment through visual cues, teacher/student demonstration and games/activities including key components such as knees bent, muscle identification, back protection, posture, body leverage.</i>
A. Movement	V. Games and Sports Skills	a. Rolling	3.1F demonstrate control and appropriate form such as curled position and protection of neck in rolling activities such as forward roll, shoulder roll, and safety rolls.	<i>perform rolling skills from different starting positions such as straddle, knees and sitting.</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	3.1G transfer on and off equipment with good body control such as boxes, benches, stacked mats, horizontal bar, and balance beam.	<i>demonstrate safe transfer on and off equipment looking for proper technique such as proper weight transfer from upper to lower, body alignment (bending of knees and protection of back), visual judgment.</i>
A. Movement	IV. Rhythms	a. Rhythms	3.1H clap echoes in a variety of one measure rhythmical patterns.	<i>clap echoes in a variety of methods such as hand jives, verbal/non-verbal; modify claps using body taps and finger snaps; use equipment (drums and lummi sticks).</i>
A. Movement	IV. Rhythms	a. Rhythms	3.1I demonstrate various step patterns and combinations of movement into repeatable sequences.	<i>practice movement combinations such as step patterns (counts of 4's, 8's and repeat), knowledge of vocabulary (heel-toe and step-touch), weight transfer and body control.</i>
A. Movement	V. Games and Sports Skills	g. Various Games/ Sports Activities	3.1J demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick such as position your side to the target.	<i>practice the key elements in manipulative skills such as eye on target, follow through, opposite foot/weight transfer, body position.</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	3.2A identify similar positions in a variety of movements such as straddle positions, ready position, and bending knees to absorb force.	<i>perform similar positions in a variety of movement such as eyes on target, weight balance including lowering center of gravity, twisting, turning, proper upper and lower body posture.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	3.2B know that practice, attention and effort are required to improve skills.	<i>understand that practice (time on task, repetition), attention (focus) and effort (corrective feedback, self-assessment) are required to improve movement skills.</i>

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B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	3.3A describe and select physical activities that provide for enjoyment and challenge.	<i>promote physical activities that provide enjoyment and challenge such as student interest survey, show and tell, and lifetime activities.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	b. Moderate/Vigorous Physical Activity	3.3B participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.	<i>establish a daily fitness routine using moderate to vigorous physical activities such as walking, cycling, jogging and playing sport activities to increase heart rate, breathing and perspiration rate.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	e. Flexibility	3.3C participate in appropriate exercises for developing flexibility.	<i>perform appropriate exercise for developing flexibility such as shoulder roll (forward and backward), modified hurdle stretch, trunk twist and ankle circles.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	d. Muscular Strength and Endurance	3.3D lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.	<i>perform a variety of activities focusing on lifting and supporting his/her own weight such as wall/static push-up, animal walks (bear and crab), mule kicks.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	3.3E identify opportunities for participation in physical activity in the community such as little league and parks and recreation.	<i>describe opportunities for participation in physical activity in the community such as distribution of printed materials, announcements of upcoming events, guest speakers, personal student testimonies, involvement in Boys and Girls Clubs, little league, soccer leagues and YMCA.</i>
B. Health Related	II Anatomy and Physiology	b. Heart Rate	3.4A describe the long term effects of physical activity on the heart.	<i>understand and identify the long-term effects of physical activity on the heart including stronger heart muscle, increased blood flow, extended life span of the heart, decrease of the risk of heart disease and related illnesses.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	d. Cardio-Respiratory System	3.4B distinguish between aerobic and anaerobic activities.	<i>describe aerobic activity and notice body changes such as increased heart rate, breathing rate and perspiration.</i>
B. Health Related	VI. Nutrition	a. Nutrition	3.4C identify foods that increase or reduce bodily functions.	<i>discuss various foods and their positive and negative effect on the body.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	f. Posture	3.4D identify principles of good posture and its impact on physical activity.	<i>recognize the principals of good posture including alignment/balance; head up, shoulders back aligned with hips; arms hanging straight; strong core; and its impact on physical activity including increased endurance and strength and decreased back injury.</i>
B. Health Related	I. Safety	c. Equipment Safety	3.5A use equipment safely and properly.	<i>use equipment and space properly including listen and follow directions, use equipment for its specified design, respect space of others when they are using equipment, take care of and respect equipment.</i>

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B. Health Related	I. Safety	b. Proper Attire and Equipment	3.5B select and use proper attire that promotes participation and prevents injury.	<i>select and use proper attire that promotes participation and prevents injury such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing, closed toe/closed heel rubber sole shoes, shorts/pants under dresses and skirts, removal of jewelry in physical education, recreational activities, and on playgrounds.</i>
B. Health Related	I. Safety	e. Precautions	3.5C identify and apply safety precautions when walking, jogging, and skating in the community such as use sidewalks, walk on the left side of street when facing traffic, wear lights/reflective clothing, and be considerate of other pedestrians.	<i>describe and demonstrate safety precautions when walking, jogging, and skating in the community including using sidewalks, walking on the left side of street when facing traffic, wearing lights/reflective clothing and safety gear, being considerate of other pedestrians, wearing safety gear.</i>
B. Health Related	I. Safety	h. Environ- mental	3.5D identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cool-down activities.	<i>name exercise precautions such as awareness of temperature, weather conditions, ozone levels, need for warm-up and cool-down activities, hydration, and proper clothing.</i>
C. Social	III. Goal Setting	b. Game Strategies	3.6A identify components of games that can be modified to make the games and participants more successful.	<i>provide modifications for success such as height of net or goal, size of playing field, varying size of equipment and/or number of players on the team.</i>
C. Social	II. Cooperation and Respect	a. Rules, Strategies and Officiating	3.6B explain the importance of basic rules in games and activities.	<i>describe the importance of basic rules such as fairness to teams, safety, maintaining flow of game.</i>
C. Social	I. Safety	a. Rules, Procedures and Etiquette	3.7A follow rules, procedures, and etiquette demonstrate proper rules, procedures and etiquette such as respect yourself and others, shaking hands with opposing team.	<i>demonstrate proper rules, procedures and etiquette such as respect yourself and others, shaking hands with opposing team.</i>
C. Social	III. Goal Setting	a. Skill Development	3.7B persevere when not successful on the first try in learning movement skills.	<i>recognize the need to practice in acquiring a new skill such as not giving up (repetition), self-evaluation and adjustment, open to feedback.</i>
C. Social	II. Cooperation and Respect	b. Sportsmanship Etiquette	3.7C accept and respect differences and similarities in physical abilities of self and others.	<i>understand and cooperate with peers of different and similar abilities and accept your strengths and weaknesses.</i>
A. Movement	I. Move-ment Concepts	b. Qualities of Movement	3.L001 identify body form, power, accuracy, and follow-through associated with various movement skills.	<i>practice a variety of movement skills using proper body form, power, accuracy, and follow through such as punting (step, drop, kick), and dribbling with hands (finger tips, waist, push).</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	3.L002 participate in appropriate drills and activities to enhance the learning of a specific skill.	<i>practice movement skills using a variety of equipment with partner and/or small group.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	3.L003 make appropriate changes in performance based on feedback.	<i>apply changes to performance based on feedback from state-mandated fitness assessment, teachers, peers and self-analysis.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	3.L004 understand the term "ready position" and what it looks like.	<i>demonstrate "ready position" using verbal cues on command.</i>

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A. Movement	I. Movement Concepts	b. Qualities of Movement	3.L005 understand the term "personal best/record" and how it relates to movement skill improvement.	<i>practice challenging self (or as partners) in various movement skills such as the following: "How many times can you and your partner volley the balloon back and forth?" "Can you beat your score in round #2? #3?" "If so, why?"</i>
A. Movement	I. Movement Concepts	c. Relationships	3.L006 coordinate movements with teammates to achieve team goals.	<i>discuss "what is a team?" and how to be a team player; discuss various ways to resolve conflict.</i>
A. Movement	I. Movement Concepts	c. Relationships	3.L007 demonstrate the ability to work with a partner using equipment.	<i>participate in activities with a partner using equipment such as throwing and catching Z-ball, chicken, bean bags and partner-hoop activities.</i>
A. Movement	I. Movement Concepts	d. Conditioning Fitness	3.L008 participate in an appropriate conditioning program for selected activities.	<i>participate in a conditioning program that is appropriate for health-related fitness, sport-related fitness or rhythmic activities.</i>
A. Movement	III. Locomotor Skills	a. Basic Locomotor Skills	3.L009 demonstrate simple stunts that exhibit personal agility such as jumping, using one or two foot take-offs on and off an object landing with good control.	<i>perform jumping on and off various objects such as a folded mat.</i>
A. Movement	III. Locomotor Skills	b. Jump Rope Skills	3.L010 jump a self-turned rope with a partner.	<i>practice jumping a self-turned single rope with a partner.</i>
A. Movement	VI. Outdoor Recreation/ Recrea-tional Activities	a. Outdoor Recreation/ Recreational Activities	3.L011 participate in a variety of outdoor activities and games.	<i>discuss rules and practice outdoor games, such as hopscotch, four square, tether ball, and long jump rope.</i>
B. Health Related	I. Safety	a. Personal Safety	3.L012 know and apply safety practices associated with physical activity such as keeping hands, feet and objects to self; and recognize potential risks associated with unsafe movement and improper use of equipment.	<i>describe potential risks associated with unsafe movement and improper use of equipment such as throwing a bat after striking or completing a forward roll without a mat</i>
B. Health Related	I. Safety	d. Risks	3.L013 recognize potential risks associated with physical activities.	<i>describe potential risks associated with physical activities such as improper stretching techniques, bouncing while stretching.</i>
B. Health Related	I. Safety	g. Basic First Aid	3.L014 describe basic first aid procedures.	<i>explain basic first aid procedures including cuts, bruises, abrasions and burns and universal precautions.</i>
B. Health Related	I. Safety	i. Water Safety	3.L015 explain water safety and basic rescue procedures.	<i>practice water safety and basic rescue procedures such as those established by the American Red Cross.</i>
B. Health Related	II Anatomy and Physiology	a. Muscular/ Skeletal Systems	3.L016 identify major muscle groups.	<i>label the major muscle groups.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	a. Fitness Components	3.L017 name the components of health-related fitness such as strength, endurance, and flexibility.	<i>define the components of health-related fitness including cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition.</i>

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B. Health Related	III. Health and Skill-Related Fitness Concepts	a. Fitness Components	3.L018 recognize the components of skill-related fitness such as running, jumping, and throwing.	<i>describe the components of skill-related fitness such as skills in basketball, baseball, etc.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	b. Physiological Effects of Exercise	3.L019 discuss the way exercise affects your body.	<i>list the benefits of exercising on your body.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	c. FITT: Frequency, Intensity, Time and Type	3.L020 introduce time in their daily fitness workout.	<i>define time and frequency as it relates to your daily fitness workout.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	e. Lifelong Fitness	3.L021 list a positive effect of lifelong physical activities for families.	<i>discuss the positive effects of participating in lifelong activity.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	3.L022 participate in regular physical activity based on individual interest and/or capabilities.	<i>accumulate 60 minutes each day of age-appropriate moderate to vigorous physical activities to achieve optimal health, wellness, fitness and performance benefits.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	g. Goal Setting	3.L023 know that developing awareness of goal setting in relation to physical activity is important.	<i>list and participate in health-related fitness using the state-mandated assessment tool.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	a. Benefits of Physical Activity	3.L024 identify components of a healthy lifestyle.	<i>recognize components of a healthy lifestyle including adequate sleep, proper nutrition, and regular physical activity.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	c. Rest, Sleep and Recovery Time	3.L025 describe the need for rest and sleep in caring for the body.	<i>explain the importance of rest to activity level through games and activities that include periods of rest/recovery. Discuss recommended hours of sleep for age/grade level.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	g. Stress Management	3.L026 identify the relationship between physical activity and stress relief and demonstrate stress relief activities.	<i>describe and demonstrate the relationship between physical activity and stress.</i>
B. Health Related	V. Healthy Lifestyles	a. Active vs. Inactive Lifestyle	3.L027 recognize the link between physical activity/inactivity on the body.	<i>compare and contrast the difference between an active and inactive lifestyle and its affect on the muscles, heart and lungs.</i>
B. Health Related	VI. Nutrition	b. Healthy Foods	3.L028 identify foods that enhance a healthy heart.	<i>name heart-healthy foods such as whole grains, dairy products, and proteins.</i>
B. Health Related	VI. Nutrition	c. Consumerism	3.L029 recognize contact information is available for local recreation departments, YMCA/YWCA, and other youth fitness opportunities.	<i>name local recreation department, YMCA/YWCA, fitness opportunities online, in the phone book or school contacts/flyers.</i>

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B. Health Related	VII. Risk Behaviors	a. Substance Abuse	3.L030 describe the negative effects of smoking on the lungs and the ability to exercise.	<i>experience poor lung capacity through a variety of blowing activities such as balloon, ping pong balls, and straws.</i>
B. Health Related	VII. Risk Behaviors	a. Substance Abuse	3.L031 recognize the negative effects of alcohol and drugs on the individual and families.	<i>name the negative effects of alcohol and drugs on the individual and families.</i>
B. Health Related	VIII. Health and Skill-Related Fitness Technology	a. Technology	3.L032 describe different ways to measure cardiovascular fitness including heart rate.	<i>explain different ways to measure cardiovascular fitness such as taking pulse on carotid artery or wrist, using a pulse bar and/or heart rate monitors.</i>
C. Social	I. Safety	a. Rules, Procedures and Etiquette	3.L033 identify goals to be accomplished during simple games such as not getting tagged.	<i>establish rules and expectations for the game/activity and review frequently.</i>
C. Social	II. Cooperation and Respect	d. Conflict Resolution	3.L034 use sportsmanship skills for settling disagreements in socially acceptable ways such as remaining calm, identifying the problem, listening to others, generating solutions, or choosing a solution that is acceptable to all.	<i>practice and demonstrate good sportsmanship skills for settling disagreements such as remaining calm and being respectful.</i>
C. Social	II. Cooperation and Respect	c. Teamwork	3.L035 treat others with respect during play.	<i>use kind words and actions while participating with others in group activities such as stations, cooperative games and activities.</i>