





Name: _____

Physical Education: _____

Skip Third Grade Benchmark: Demonstrate mature form while skipping in time to various tempos provided by the instructor and in various pathways.

Step-Hop	Swing Knee Swing Arm	Skip to Music	Skip on Path
			
Steps forward. Pushes off with toes	Swings knee upward. Swings opposite arm forward	Skips in time to slow, moderate, and fast tempo music	Changes directions and avoids obstructions

4=S
3=G
2=G
1=G
0=G

Report Card Scoring Key

Total Score for Motor Skills:





MS – Meeting Standard (S on each motor skill)

OT – Approaching – On Target (at least one S on a motor skill)

AS – Approaching w/ support (some parts of each motor skill)

NY – Not Yet

Foot Dribble Third Grade Benchmark: Demonstrate mature form when dribbling a ball in a smooth, continuous motion at a moderate speed for 40 feet.

Tap Out Tap Ahead	Step Tap Ahead	Toe In Tap Ahead	Looks Ahead
			
Turns toe out and taps ball with inside of foot 2. Projects ball 2-3' ahead within 3' of the midline	Shifts weight to foot 1. Redirects ball by tapping with foot 2	Turns toe in and taps ball with outside of foot on some taps	Keeps head up and looks forward while traveling 40 feet

4=S
3=G
2=G
1=G
0=G

Individual Score for Motor Skills:

S = Strength (score of 4 on a motor skill)

G = Growth opportunity (score of 3,2,1,or 0 on a motor skill)

Knowledge and Skills:

MS – Meeting Standard (Actively participates, can identify skills)

OT – Approaching – On Target

AS – Approaching Standard

NY – Not Yet

Personal-Social Skills:

Follows rules and procedures while demonstrating responsible behavior that respect self and others.

C - Consistently

U -Usually

O – Occasionally





N – Not Yet

W – Area of Weakness

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- 1=G
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- AS** – Approaching w/ support (some parts of each motor skill)
- NY** – Not Yet

Underhand Throw Third Grade Benchmark: Demonstrate mature form when throwing a ball underhand so it hits a four-foot-square target, centered three feet above the ground, from a distance of 15 feet, three consecutive times.

Step Toward Target Arm/Wrist Back	Rock Forward Arm Forward	Finish High	Hit Target
			
Swing arm backward and extend wrist while stepping with opposite	Transfers weight to opposite foot as arm swings forward	Follows through well beyond release point and in line with target	Ball hits target (15') three times in a row

- 4=S
- 3=G
- 2=G
- 1=G
- 0=G

Individual Score for Motor Skills:

- S** = Strength (score of 4 on a motor skill)
- G** = Growth opportunity (score of 3,2,1,or 0 on a motor skill)

Knowledge and Skills:

- MS** – Meeting Standard (Actively participates, can identify skills)
- OT** – Approaching – On Target
- AS** – Approaching Standard
- NY** – Not Yet

Personal-Social Skills:





Follows rules and procedures while demonstrating responsible behavior that respect self and others.

- C** - Consistently
- U** - Usually
- O** – Occasionally
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Name: _____





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2=G
1=G
0=G

Overhand Throw Third Grade Benchmark: Demonstrate mature form while throwing a ball at least 30 feet, from a starting position facing the target.

Turn to T Position	Twist Bend Elbow	Straighten Elbow Let Go	Finish
			
Pivots on back foot. Extends arms out to sides. Steps with front foot	Rotates toward target. Bends elbow. Elbow leads hand	Extends elbow. Releases ball out front	Follows through and the ball travels in the air at least 30 feet

4=S
3=G
2=G
1=G
0=G

Report Card Scoring Key

Total Score for Motor Skills:

MS – Meeting Standard (**S** on each motor skill)

OT – Approaching – On Target (at least one **S** on a motor skill)

AS – Approaching w/ support (some parts of each motor skill)

NY – Not Yet

Individual Score for Motor Skills:

S = Strength (score of 4 on a motor skill)

G = Growth opportunity (score of 3,2,1,or 0 on a motor skill)

Knowledge and Skills:

MS – Meeting Standard (Actively participates, can identify skills)

OT – Approaching – On Target

AS – Approaching Standard

NY – Not Yet

Personal-Social Skills:

Follows rules and procedures while demonstrating responsible behavior that respect self and others.

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