

PE Learning Targets: I can...

Third

PE3.1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can dodge an opponent while playing tag				
I can catch an opponent who is dribbling a soccer ball or basketball				
I can bounce, toss, or catch a ball				
I can swing a bat or a paddle with side arm motion				

PE3.2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can do a forehand strike				
I can throw at a target				
I can use proper form while throwing a ball				
I can kick a ball at different levels of force.				

I can explain the rules to a game to a fellow student

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PE3.3: Participates regularly in physical activity.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can participate in structured or non structured physical activities				

PE3.4: Achieves and maintains a health-enhancing level of physical fitness.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can recognize that gymnastics and tumbling increases flexibility.				
I can play soccer games				
I can jump rope continuously for more than one minute				
I can participate in fitness stations that will prepare me for fitness testing.				

PE3.5:Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can follow classroom rules and procedures.				
I can work successfully with a partner or in a small group.				
I can recognize and avoid unsafe practices.				
I can work independently and practice skills				

PE3.6: Values physical activity for health, enjoyment, challenge, self expression, and/or social-interaction.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can work with a partner to develop skills				
I can participate in team sports.				
I can celebrate success of myself and others.				
I can encourage others that are having a difficult time completing a task				

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