

**The American International School of Lusaka
Physical Education**

Grade 3

By the end of Grade 3 students will:

Health and Related Activities

- develop their knowledge of the elements of a healthy lifestyle (including exercise, rest and a healthy diet)
- develop their understanding of various physical changes that occur to their bodies when exercising
- demonstrate safety when exercising

Body Control and Spatial Awareness

- develop their awareness and use of space, direction and levels in relation to others and their working environment
- develop their ability to travel in different ways, changing speed and direction with or without equipment
- develop their ability to handle different equipment using various body parts (manipulative skills)
- develop their ability to hold their body weight using various body parts as bases (balance and stability)

Athletic Activities

- practice the fitness skills of physical agility, flexibility, strength and coordination with improving control and confidence
- demonstrate a range of throwing, catching and striking techniques with improving control, accuracy and power
- combine simple and complex movements with or without equipment and with improving consistency during activities and game situations
- collect and record results, developing their application and understanding of performance in athletic activities

Rhythmic Movement

- develop their ability to express a range of feelings and moods using imagination and original ideas
- develop their ability to respond through movement to various stimuli (music, clapping, stomping, snapping, use of whistle, etc)
- perform simple and complex movement sequences in order to develop rhythmic responses

Adventure Challenge

- participate in group activities to accomplish a common goal
- develop strategies and rules of play and apply them appropriately and fairly during game situations
- demonstrate teamwork and fair play during activities and game situations with improving consistency