

	3rd Grade Skills Assessments	Michigan State Standards	Date Introduced	Date Completed
1	3rd Grade: Leap **I can use correct leap and run when leaping off each foot, 3 consecutive times.	(MMC.2,8,10)(MMS.2)(KMS.2) (MOP.1,2)(KFB.1) (KMC.1,8,10)(APE.1)(BRP.2)		
2	3rd Grade: Aerobic Fitness: **I can demonstrate 15 minutes of sustained moderately high intensity activity.	(MMC.8,10,11)(MRA.1)(KRA.1)(KMC.8,10,11) (KHR.2)(KRP.2)(APA.1)(AHR.2)		
3	3rd Grade: Instep Kick **I can kick a stationary ball, approaching it at moderate speed, so it travels 40 feet and hits a target 15 ft wide by 8 ft high, 3 consecutive times.	(MMC.5,9)(MMS.4)(MOP.1,3) (MTG.1)(MSG.1)(KMC.14)(KMS.4) (KTG.1)(KSG.1)(APE.1)(BRP.2)		
4	3rd Grade: Foot Dribble **I can dribble a ball 40 feet using the insides and outsides of feet as appropriate, 2 consecutive times.	(MMC.2,4,8)(MOP.1,3)(MMS.4)(KM C.2,4,8)(KMS.4)(APE.1)(BFB.1)(KFB.1) (BRP.2)		
5	3rd Grade: Lift and Carry Posture **I can lift and carry a 5-pound box off the floor, carrying it at least 20 ft and lowering it to the floor.	(MMC.3,4,8)(MOP.1,3)(KMC.3,4)(AP E.1)(BRP.2)		
6	3rd Grade : Hop **I can hop in time to music of moderate tempo, 16 consecutive times, changing support leg after every 4 hops, 2 consecutive times.	(MMC.2,4,6,8,11)(MMS.2)(KMS.2)(MOP.1,2)(KMC.2,4,6,8,11)(AAN.2)(A PE.1)(BRP.2)		
7	3rd Grade Ab/Low Back Strength: Sitting Up **I can demonstrate the sitting up exercise, 3 consecutive times.	(MMC.10)(MMS.1)(KMC.10)(KMS.2)(KHR.3)(AHR.3)		
8	3rd Grade: Underhand Throw: **I can toss a 3-5 inch ball and hit a 4ft square target, centered 3 ft above the ground, from 20 feet, 3 consecutive times.	(MMC.2,3,7,8,11)(MMS.3)(MOP.1,3) (KMC.2,3,7,8,11)(APE.1)(BRP.2)(KMS .3)		
9	3rd Grade: Vertical Jump: **I can use correct form while meeting the MI State Standards, 3 consecutive times. Girls: 8 inches Boys: 8 inches	(MMC.2,3,8)(MMS.1)(KMS.1) (MOP.1,2)(KMC.2,3,8) (APE.1)(BRP.2)(AAN.2)		
10	3rd Grade: Run: **I can use correct form when running at slow speeds for 2 min. and moderate speeds for at least 1 min	(MMC.2,6,8)(MMS.2)(KMS.2)(MOP. 1,2)(KFB.1)(KMC.2,6,8)(APE.1)(BRP.2)		
11	3rd Grade: Beneficial Effects of Physical Activity: ** I can Explain Aerobic Fitness and Activity. Increasing aerobic activities: 60 minutes almost every day of the week will give you more energy to do the activities you enjoy.	(MMC.2,3,8)(MOP.1,3)(KMC.2,3, 7,8)(APE.1)(BRP.2)		
12	3rd Grade: Catch Fly Balls: **I can catch a ball from a distance of 10 ft and reaching a height of 10 ft, 3 consecutive times.	(MMC.3)(MMS.4) (MOP.1,3) (KMC.3)(KMS.4) (APE.1)(BRP.2)		
13	1st-3rd Grade: Hip/Low Back Flexibility: Quad Stretch: **I can show correct form for the quad stretch, 3 consecutive times.	(MMC.10)(MMS.1)(KFB.1) (KMC.10)(KMS.1)(KHR.4) (KAN.3)(AHR.4)(AAN.3)(BFB.1)		
14	1st-3rd Grade: Hip/Low Back Flexibility: Bleacher Sit: **I can use correct form for the sit and lean stretch, 3 consecutive times.	(MMC.10)(MMS.1)(KFB.1) (KMC.10)(KMS.1)(KHR.4) (KAN.3)(AHR.4)(AAN.3) (BFB.1)		

15	1st-3rd Grade: Hip/Low Back Flexibility: Wall Stretch **I can show correct form for the wall stretch, 3 consecutive times.	(MMC.10)(MMS.1)(KFB.1) (KMC.10)(KMS.1)(KHR.4)(KAN.3)(AHR.4)(AAN.3)(BFB.1)		
16	3rd Grade: Arm/Shoulder Strength: **I can demonstrate the Modified Flexed-Arm Hang for 2 seconds, 3 consecutive times.	(MMC.10)(MMS.1)(KMS.1)(KHR.3)(KAN.3)(AHR.3)(AAN.2)		
17	3rd Grade: Catch Rolling Balls: **I can move into position using the step-slide lateral movement (step-jump-close pattern, with stomach and chest facing the ball at all times) and catching a ball rolling at moderate speed from a distance of 20 feet, 3 consecutive times.	(MMC.3,8)(MMS.4)(MOP.1,3)(KMC.3)(KMS.4) (APE.1)(BRP.2)		
18	3rd Grade: Underhand Strike: *I can strike a ball so it reaches 7 ft high and travels a distance of at least 40 ft., 3 consecutive times.	(MMC.2,3,7,8)(MMS.4)(MOP.1,3)(KMC.2,3,7,8)(KMS.4)(APE.1)(BRP.2)		
19	3 rd Grade: Respect **I can name the first 3 behavioral indicators for respect and demonstrate respect for others most of the time (70-89% of the time) when learning, practicing and participating in physical activity.	(KFB.01)(KID.03)(BFB.01) (Be Polite, Listen to Others, and Accept Differences)		
20	3 rd Grade: Responsibility **I can name the first 3 behavioral indicators for responsibility and demonstrate responsibility for others most of the time (70-89% of the time) when learning, practicing and participating in physical activity.	(KPS.01, 2)(BPS.01) Finish Your Job, Think First, and Be Prepared)		
21	3rd Grade: Skip: **I can skip in time when skipping at various tempos (slow, moderate, and fast).	(MMC.2,3,6,8,10,11)(MMS.2)(MOP.1,2)(KMC.2,3,4,6,8,10,10)(KMS.2)(APE.1)(BRP.2)		
22	3rd Grade: Batting: **I can hit a lightweight ball off a batting tee, 3 consecutive times.	(MMC.2,8)(MOP.1,3) (KMC.2,8)(APE.1)(BRP.2)		
23	3rd Grade: Hand Dribble: **I can dribble a ball continuously in a stationary position for 20 sec. and alternating the dominant and non-dominant hands every 5 seconds, then walking 30 ft while alternating hands every 5 ft, 2 consecutive times.	(MMC.7,8,11)(MOP.1,3)(MMS.4,5)(KMC.7,8)(KMS.4)(APE.1)(BRP.2)		
24	3rd Grade: Forehand Strike: **I can execute a move from the ready position to a side orientation.	(APE.1)(MMC.2,7,8)(MOP.1,3)(KMC.2,3,7,8)(BRP.2)		
25	3rd Grade: Overhand Throw **I can throw a ball overhand 30 ft. at least 3 consecutive times.	(MMC.2,7,8)(KMC.2,7,8)(APE.1)(BRP.2)(KMS.3)(MMS.3)(KMC.2,7,8)		
26	3rd Grade: Horizontal Jump: **I can demonstrate all elements of form while performing horizontal jumps that equals or exceed the following performance standards, 3 consecutive times. Girls: 45 Inches Boys: 46 Inches	(MMC.8)(MMS.1)(MOP.1,2)(KMC.8)(KMS.1)(APE.1)(AAN.2)(BRP.2)		

3RD grade take home skills assessment sheet:

Students can work on the following skills at home. Students should log onto <http://kimlondo.weebly.com/skills-video.html> and click on the skill link. The students can practice the information stated on the link at home and then upload a video of themselves doing the skill. To upload the video, please click on the Video Skills Submission page for directions. Then attach the video link and fill in the information. I will watch the video and if the student has successfully completed the skill I will mark them down as completed.

Name _____ Grade _____ Teacher _____

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26	3rd Grade: Horizontal Jump: **I can demonstrate all elements of form while performing horizontal jumps that equals or exceed the following performance standards, 3 consecutive times. Girls: 45 Inches Boys: 46 Inches	(MMC.8)(MMS.1)(MOP.1,2)(KMC.8)(KMS.1)(APE.1)(AAN.2)(BRP.2)		