



SHAPE HIGHLINE

"Promoting Lifelong Health & Fitness" • 3rd Grade

PHYSICAL EDUCATION STANDARDS

Highline Public Schools have five PE standards which define the knowledge & skills every student needs to maintain an active & healthy lifestyle.

Standard 1:
Demonstrates competency in a variety of motor skills and movement patterns.

Standard 2:
Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3:
Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4:
Exhibits personal and social behavior that respects self and others.

Standard 5:
Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

3rd Grade Motor Skills

In **grade 3**, your child will learn and be assessed on 4 motor skills by Highline's Physical Educators. **To meet grade level standard and be proficient**, your child must demonstrate all 4 critical elements of each motor skill when assessed.

Motor Skill Assessments by Grade Level						
K	1 st	2 nd	3 rd	4 th	5 th	6 th
Low Beam Walk	Hopping	Skipping	Leaping	Catching, Hand Dribbling & Ball Control, Striking with Short Implement, Kicking a Moving Ball	Forward Roll, Overarm Throw, Striking with Implement, Dribble with Feet	Ready Position
	Sliding	Running	Jump Rope			
Vertical Jump	Gallop	Bending Twisting	Balance			
Walking Up & Down Stairs		Underhand Throw	Weight Transfer			

How Your Child is Assessed with Motor Skills

Physical Educators in Highline make it a priority for all students to meet or be above grade level standard in each gross motor skill. Each student is introduced to and taught the motor skill and given practice opportunities before being assessed by their instructor. A district-based grading rubric (pictured below) is used during these assessments to determine the student's level of development with each gross motor skill. To meet grade level standard for a gross motor skill, a student must demonstrate all 4 of its critical elements. Students who demonstrate 2-3 critical elements are scored a 2, progressing. Students who demonstrate 0-1 critical elements are scored a 1, beginning. Students below grade level will be given additional practice and assessment opportunities throughout the school year in order to reach proficiency.

Motor Skill Rubric used by Highline Physical Educators

Skill Name	Critical Element	Descriptors
Jump Rope	Head	Body in upright position; eyes focused forward
	Upper Body	Hands holding jump rope at or near waist level
	Lower Body	Feet at or closer than shoulder width; takes off and lands lightly on toes; knees slightly bent
	Rhythm & Movement	Continues to jump at smooth, rhythmic pace

IS YOUR CHILD PROFICIENT IN EACH MOTOR SKILL?
Login to Highline's fitness and motor skill tracking program WELNET to see your child's assessment results.

Website: focusedfitness.org
User Name: Student ID#
Password: Complete Last Name

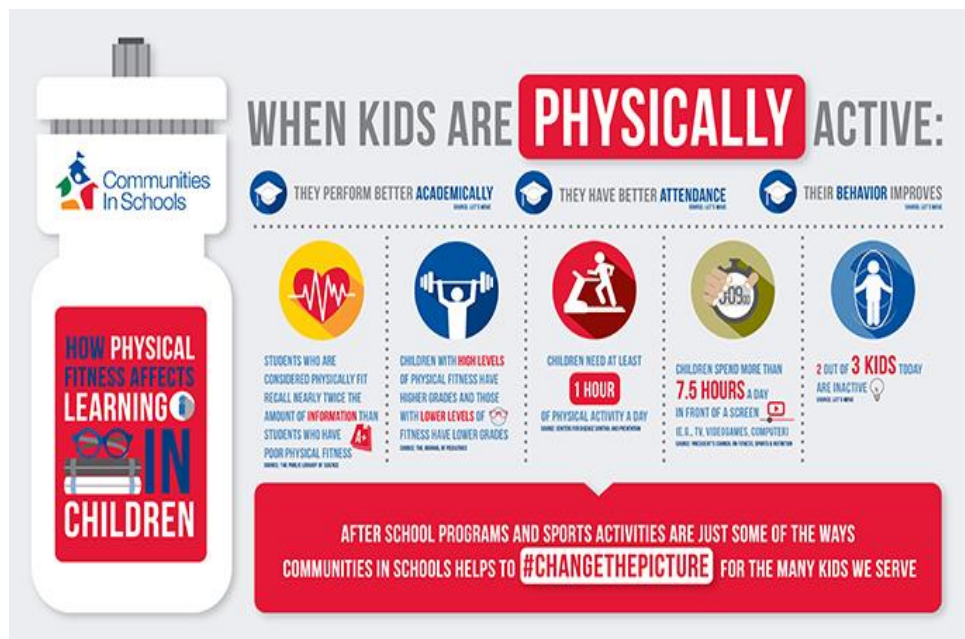


60 Minutes of Play, Every Day

To feel great and maintain a healthy weight, children need at least 60 minutes of physical activity every day. Physical activity is anything that gets your heart pumping or makes you stronger. This recommendation comes from health leaders at the U.S. Department of Health and Human Services. For more information about these recommendations, visit the [Physical Activity Guidelines Toolkit](#)¹ website or [learn how families can play a role](#)² in youth physical activity.

Why Physical Activity is Important?

Physically active children tend to be physically active adults. You can help your child be more physically active by making physical activity an important part of family life. Make it a priority to spend time with your child by playing at the park, going on walks or even doing chores together. Children learn from their parents the joy and fun of physical activity by doing it together. Everyone reaps the rewards and benefits of a healthier, happier family.



Schools Need Your Help!

Getting 60 minutes of physical activity at school each day can be challenging. Your child receives 30-45 minutes of physical education two days a week and between 15-45 minutes of recess each day. Highline needs your help to make sure each child gets 60 minutes of physical activity each day.

Get Involved

To help your child hit the 60-minute mark, come up with fun ways to add a little bit more activity for the whole family. It doesn't matter what it looks like—an organized basketball game or bike riding with mom or dad around the neighborhood. Finding ways to add a little more activity to every day can mean big health benefits for your children.

Resources

Learn more about what you can do to improve your child's health and fitness by accessing the following websites:

1. Let your child explore all the fun and creative ways to be physically active [here](#)³
2. What types of physical activity are appropriate for your child? Learn that and more [here](#)⁴
3. Can't get outside? Find indoor activities you can do with your child [here](#)⁵

Websites

1. <https://www.cdc.gov/healthyschools/physical-activity/guidelines.htm>
2. https://www.cdc.gov/healthyschools/physical-activity/toolkit/factsheet_pa_guidelines_families.pdf
3. <http://www.pbs.org/parents/food-and-fitness/sport-and-fitness/keep-kids-active/>
4. www.cdc.gov/physicalactivity/basics/children
5. <https://snaped.fns.usda.gov/nutrition-through-seasons/indoor-physical-activity-resources>

Regular Physical Activity and the Life Changing Results

- ⇒ Reduce the risk of developing obesity
- ⇒ Reduce the risk of developing diabetes, cardio vascular disease, and certain cancers.
- ⇒ Help build and maintain healthy bones and muscles
- ⇒ Promotes psychological well-being
- ⇒ Reduces feelings of depression and anxiety
- ⇒ May improve students' academic performance, including academic achievement and factors that influence academic achievement, such as concentration and attentiveness in the classroom.