

3rd Grade Physical Education/Fitness Activity Log

Student Name _____

Vj g'ROGOHkpguu'Cevkxk{ 'Nqi 'ku'cp'ci tggo gpv'dgy ggp'vj g'uwwf gpv.'uwwf gpv'ø'r ctgpv'cpf " ROGOHkpguu'Vgcej gt0'Uwwf gpv'gpvgtkpi 'vj ku'r tqi tco 'o wuv'j cxg'getpgf 'c'dgmjy 'i tcf g'rgxgn' o ctnl'qp'c'r tkt'tgr qt'vectf 'cpf 'ku'y kmpi 'vq'f q'gz'vc'etgf k'y qtn0'Rctgpv'o wuv'f qewo gpv'qp" vj g'hqmqy kpi 'r ci g'qh'vj ku'hqto 'vq'j gr 'ko r tqxg'vj gk't'o ctnl'ht'vj g'ewttgpv'vko guvgt0'Vj g'hkpci' f gekukqp'vq'ko r tqxg'c'uwwf gpv'u'i tcf g'htqo 'c'dgmjy 'i tcf g'rgxgn'o ctnl'vq'cp'cv'i tcf g'rgxgn'o ctnl' y km'dg'lp'vj g'lwf i o gpv'qh'vj g'ROGOHkpguu'Vgcej gt0'dcugf "qp'vj g'uwwf gpv'ø't gcuqpcdng" ko r tqxgo gpv.'gh'ht'v'cpf 'r ct'v'ekr cvkqp'f wt'kpi 'ROGOHkpguu'ercuu'cevkxkku0'Vj ku'hqto 'o wuv' dg'j' cpf gf 'kp'vq'O t0Ucpv'pi gm'qt'O tu0Uwr g{ 'cv'hcuv'qpg'y ggnlr tkt'vq'vj g'gpf 'qh'vj g'ewttgpv' vko guvgt0'i tcf kpi 'r gtlqf.'hqt'gzco r rg.'c'i tcf kpi 'r gtlqf 'gpf kpi 'qp'O ctej '33vj 'vj g'hqto 'o wuv' dg'j' cpf gf 'kp'd{ 'O ctej '6vj 'd{ 'vj g'gpf 'qh'vj g'uej qnlf c{ 0Qw't' qcniku'vq'gpeqwci g'ih'gm'pi 'h'kpguu' hqt'"{ qw'ej kf 0Vj cpnu'hqt'j' gr kpi 'wu'qp'vj ku'gpf gcxqt#"

The skills listed below are skills that students in 3rd grade will be graded on throughout the school year and may be practiced at home to earn extra credit:

- Demonstrates proper throwing form (Stepping forward with correct foot)
- Catches a ball with two hands tossed from 10'
- Kicks a rolled ball
- Foot dribble (Soccer)
- Hand dribble while moving (Basketball)
- Striking using manipulatives (Volleyball Serve)
- Jumps individual rope forward 5x
- Applies rules to tag games safely
- Moves safely in general space
- Turns long jump rope cooperatively for others
- Stands in, jumps long jump rope 1x, runs out
- Differentiates between loco-motor skills (skipping, galloping, hopping, etc.)
- Socially accepts dance partner regardless of who they are
- Performs basic square dance moves upon call
- Moves in time to music

Go to the Qualifying Standards for the Presidents Fitness Challenge Test icon to learn more about specific age and gender fitness test scores.

Physical Education/Fitness Activity Log

Day of Week	Examples of Activities	Date
Monday	3 mile vigorous hike/walk lasting one hour	1/11/2010
Wednesday	Jump rope 15 minutes, timed run/walk for 800 meters	1/13/2010
Friday	Basketball practice for 1 hour	1/15/2010

Day of Week	Week #1	

Day of Week	Week #2	

Day of Week	Week #3	

Day of Week	Week #4	

Day of Week	Week #5	

Day of Week	Week #6	

Day of Week	Week #7	

Day of Week	Week #8	

Any activity where a student is continually active for twenty minutes of aerobic activity, three times a week minimum (i.e., swimming, biking, dance, jogging, hiking, etc.) may be used.

Name _____ Teacher _____

*Note - Please hand in to Mr. Santangelo or Mrs. Stupey one week prior to end of grading period.