



# PHYSICAL EDUCATION

# 3

FOR FAMILIES

## THIRD GRADE

### What to expect:

In third grade, children will focus on developing their movement skills. They will continue to improve their locomotor and manipulative skills and be able to do them at the same time (throwing a ball while hopping, for example). Their movement patterns in gymnastics and dance will also become stronger.

Third-graders are able to identify and name the cues of skills and apply them in their movement. For example, when performing the overhand throw, students may state the cues of “point, step, turn, follow-through” as they point with their non-throwing arm, step with the opposite foot, turn or rotate their torso to generate power as they release the object and finish by following through toward the target. With practice, this motion of the overhand throw becomes more fluid and accurate.

At this age, children have developed their knowledge of fitness and can name physical activities (jumping jacks, leg lifts, squats, etc.) that improve fitness. Third-graders understand and practice exercising safely and are able to follow rules and procedures for games and activities and work cooperatively with their peers.

### By the end of the school year, your child will:

- Be able to use objects while engaging in locomotor skills (for example, dribbling while walking or jogging or catching a ball while jumping) at different speeds.
- Develop more mature patterns of manipulative skills like throwing, catching, dribbling, volleying and striking with short-handled implements like bats.
- Use simple strategies and tactics in both chasing and fleeing activities.
- Learn age-appropriate dance steps selected by the teacher.

### What to do at home:

- Go to a sporting event or a performance that includes dance or ballet.
- Look for opportunities for physical activity in your community.
- Encourage your child to participate in physical activities for enjoyment and self-expression.
- Dance together!
- Exercise together as a family. (Go on a hike at a state park, walk around the zoo or fly a kite together, for example.)

**YOU ARE YOUR** child's first teacher. Learn how to support the goals of Oklahoma's academic standards and why they are important for your child. Please be in regular communication with your child's teachers and ask how you can support physical education learning at home. When schools and families work together as partners, it helps your child achieve academic success!



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### Fostering Curiosity

Children are naturally curious and motivated to learn about things that interest them. Since curiosity contributes to success in the classroom, it is important to encourage it at home. Play is a wonderful way to nurture curiosity in children, so be sure to allow plenty of playtime and physical activity. It is important to understand the differences between PE and physical activity. In PE, students learn to be physically active; physical activity is when students practice what they learn in PE. Encourage your child to ask questions, be creative, discover answers and explore their world.

Support your child's curiosity with questions like these:

- What chores around the house could be a workout for the whole family, like yard work or a [car wash workout](#)?
- What outdoor activities in the area could we try out as a family, like kite flying or a walk around the [farmers' market](#)?

It's okay if you don't always have the answer to your child's questions. The best response is always, "Let's find out together."

### Fostering Communication

Increase vocabulary, thinking skills and curiosity by using new words and having conversations that include questions to make your child think. Communicating with others gives children a chance to see and understand that there can be more than one point of view about a given subject. Accepting these different ideas helps children learn how to get along with others, encouraging positive relationships with other children and a strong self-image.

Support your child's communication skills with questions like these:

- What are three physical activities that you really enjoy? Why?
- What do you need to participate in those activities? Think about equipment and space.
- How can you change those activities so you can do them at home or at school?

### Fostering Connections

Making connections between different school subjects helps build your child's overall knowledge. It's also important for your child to make connections between what they are learning at school and in the real world. Point out these connections to your child and encourage them to make them, too.

- Connect math with physical activity by having the whole family create and play a game together. Establish a scoring system to keep track of points for each player.
- Connect science with physical activity by planting a garden or taking a walk around the zoo.

Join the conversation!

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