

Hasbrouck Heights School District

3rd Grade Benchmarks

Physical Education and Health

1) Demonstrates understanding of key concepts.

Trimester	1	2	3	4
ALL	<ul style="list-style-type: none"> • Student is unable to successfully demonstrate competency in movement skills and concepts. • Student is unable to exhibit responsible behavior in physical activity settings. • Student is unable to achieve and maintain a health-enhancing level of physical fitness. • Student does not participate with effort. 	<ul style="list-style-type: none"> • Student is sometimes able to successfully demonstrate competency in movement skills and concepts. • Student is sometimes able to exhibit responsible behavior in physical activity settings. • Student is sometimes able to achieve and maintain a health-enhancing level of physical fitness. • Student sometimes participates with effort. 	<ul style="list-style-type: none"> • Student is able to successfully demonstrate competency in movement skills and concepts. • Student is able to exhibit responsible behavior in physical activity settings. • Student is able to achieve and maintain a health-enhancing level of physical fitness. • Student participates with effort. 	<ul style="list-style-type: none"> • Student is consistently able to successfully demonstrate competency in movement skills and concepts. • Student is consistently able to exhibit responsible behavior in physical activity settings. • Student is consistently able to achieve and maintain a health-enhancing level of physical fitness. • Student consistently participates with effort.