

Course Title: Physical Education – Third Grade

Board Approval Date: 10/15/12

Credit / Hours: NA

Course Description:

This Course focuses on mastery of the PA academic standards for Physical Education. As student's progress through this course they will participate in team type games and activities that focus on developing teamwork, sportsmanship, and strategy skills. Focus will also be on mastering higher level manipulative skills of throwing, rolling, hitting, and kicking. Third grade is the year that students are introduced into a swimming program.

Learning Activities / Modes of Assessment:

Large group instruction
Small group work

Teacher Observation
Skills Tests on Basic Movement Skills

Instructional Resources:

Various Videos on Fitness, and Dance
DVD's, Records, and Cassette Tapes (Dance)
Various Websites on Physical Education (Ex. *PECentral*)

Topic: Applying strategies through Team Sports and Activities

Days: 18

Subject(s): Physical Education

Grade(s): 3rd

Know:

10.4.3.A – Essential

Identify and engage in physical activities that promote physical fitness and health.

10.4.3.B – Essential

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

10.4.3.D – Compact

Identify likes and dislikes related to participation in physical activities.

10.4.3.E – Essential

Identify reasons why regular participation in physical activities improves motor skills.

10.4.3.F – Essential

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

Rules of Various Team Sports

Understand:

Goal setting and positive group interaction are important to success in participation in any team sport.

Do:

10.3.3.D – Essential

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

10.4.3.A – Essential

Identify and engage in physical activities that promote physical fitness and health.

10.4.3.B – Essential

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

10.4.3.D – Compact

Identify likes and dislikes related to participation in physical activities.

10.4.3.F – Essential

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

Demonstrate the various skills needed to play the sport

Explain the rules of the game that they are playing

Evaluate the impact of practice strategies on skill development and improvement.

Topic: Applying strategies through Team Sports and Activities

Days: 18

Subject(s): Physical Education

Grade(s): 3rd

Which standards are students learning in this unit?

10.3.3.D – Essential

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

10.4.3.A – Essential

Identify and engage in physical activities that promote physical fitness and health.

10.4.3.B – Essential

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

10.4.3.D – Compact

Identify likes and dislikes related to participation in physical activities.

10.4.3.E – Essential

Identify reasons why regular participation in physical activities improves motor skills.

10.4.3.F – Essential

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

Topic: aquatics

Days: 8

Subject(s): Physical Education

Grade(s): 3rd

Know:

Understand:

Do:

10.4.3.A – Essential

Identify and engage in physical activities that promote physical fitness and health.

10.4.3.B – Essential

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

10.4.3.F – Essential

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

10.4.3.D – Compact

Identify likes and dislikes related to participation in physical activities.

Swimming improves physical fitness and health

10.3.3.D – Essential

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

10.4.3.A – Essential

Identify and engage in physical activities that promote physical fitness and health.

10.4.3.B – Essential

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

10.4.3.F – Essential

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

10.4.3.D – Compact

Identify likes and dislikes related to participation in physical activities.

10.5.3.A – Essential

Recognize and use basic movement skills and concepts.

- locomotor movements (e.g., run, leap, hop)
- non-locomotor movements (e.g., bend, stretch, twist)
- manipulative movements (e.g., throw, catch, kick)
- relationships (e.g., over, under, beside)
- combination movements (e.g., locomotor, non-locomotor, manipulative)
- space awareness (e.g., self-space, levels, pathways, directions)
- effort (e.g., speed, force)

Topic: aquatics

Days: 8

Subject(s): Physical Education

Grade(s): 3rd

Know:

Understand:

Do:

10.5.3.A – Essential

Recognize and use basic movement skills and concepts.

- locomotor movements (e.g., run, leap, hop)
- non-locomotor movements (e.g., bend, stretch, twist)
- manipulative movements (e.g., throw, catch, kick)
- relationships (e.g., over, under, beside)
- combination movements (e.g., locomotor, non-locomotor, manipulative)
- space awareness (e.g., self-space, levels, pathways, directions)
- effort (e.g., speed, force)

10.5.3.B – Essential

Recognize and describe the concepts of motor skill development using appropriate vocabulary.

- form
- developmental differences
- critical elements
- feedback

10.5.3.B – Essential

Recognize and describe the concepts of motor skill development using appropriate vocabulary.

- form
- developmental differences
- critical elements
- feedback

10.5.3.E – Essential

Know and describe scientific principles that affect movement and skills using appropriate vocabulary.

- gravity
- force production/absorption
- balance
- rotation

floats, glides, rhythmic breathing, basic strokes

Topic: aquatics

Days: 8

Subject(s): Physical Education

Grade(s): 3rd

Know:

Understand:

Do:

10.5.3.E – Essential

Know and describe scientific principles that affect movement and skills using appropriate vocabulary.

- gravity
- force production/absorption
- balance
- rotation

Improve Basic Water Skills

Topic: aquatics

Subject(s): Physical Education

Days: 8

Grade(s): 3rd

Which standards are students learning in this unit?

10.3.3.D – Essential

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

10.4.3.A – Essential

Identify and engage in physical activities that promote physical fitness and health.

10.4.3.B – Essential

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

10.4.3.F – Essential

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

10.4.3.D – Compact

Identify likes and dislikes related to participation in physical activities.

10.5.3.A – Essential

Recognize and use basic movement skills and concepts.

- locomotor movements (e.g., run, leap, hop)
- non-locomotor movements (e.g., bend, stretch, twist)
- manipulative movements (e.g., throw, catch, kick)
- relationships (e.g., over, under, beside)
- combination movements (e.g., locomotor, non-locomotor, manipulative)
- space awareness (e.g., self-space, levels, pathways, directions)
- effort (e.g., speed, force)

10.5.3.B – Essential

Recognize and describe the concepts of motor skill development using appropriate vocabulary.

- form
- developmental differences
- critical elements
- feedback

10.5.3.E – Essential

Know and describe scientific principles that affect movement and skills using appropriate vocabulary.

- gravity
- force production/absorption
- balance
- rotation

Topic: Games

Days: 18

Subject(s): Physical Education

Grade(s): 3rd

Know:

PE 10.4.I – Compact

Determine what affects an individual's physical activity choices, i.e., likes and dislikes

PE 10.4.J – Essential

Understand that practice and knowledge of how to correctly do a skill are important in learning motor skills

PE 10.4.L – Compact

Understand and identify positive and negative interactions of small group activities

PE 10.4.M – Important

Recognize that in games and sports, we must work with other people. How we work with the other people in our group can be positive or negative

PE 10.5.A – Essential

Understand that games, dances and gymnastics are physical activities and all physical activities use fundamental motor skills

PE 10.5.C – Essential

Understand that many physical activities use combinations of two or more fundamental motor skills/movement concepts

Understand:

Recognize and understand that participating in games and activities can provide opportunities to improve our overall physical and social skills.

Do:

PE 10.4.J – Essential

Understand that practice and knowledge of how to correctly do a skill are important in learning motor skills

PE 10.4.L – Compact

Understand and identify positive and negative interactions of small group activities

PE 10.4.M – Important

Recognize that in games and sports, we must work with other people. How we work with the other people in our group can be positive or negative

PE 10.5.A – Essential

Understand that games, dances and gymnastics are physical activities and all physical activities use fundamental motor skills

PE 10.5.D – Essential

Know and demonstrate that correctly practicing a skill can help you become a more skillful mover

PE 10.5.M – Essential

Demonstrate space and relationship awareness during game play

10.4.3.A – Essential

Identify and engage in physical activities that promote physical fitness and health.

10.3.3.D – Essential

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

Demonstrate movement and manipulative skills in games.

Participate in games that promote physical fitness and health

Show cooperation and sportsmanship while playing games.

Topic: Games

Days: 18

Subject(s): Physical Education

Grade(s): 3rd

Know:

Understand:

Do:

PE 10.5.D – Essential

Know and demonstrate that correctly practicing a skill can help you become a more skillful mover

PE 10.5.F – Important

Know that the best feedback tells you how to change your performance so you can improve

PE 10.5.G – Important

Know that practice means repeating movements and cues to get better at performing skills

PE 10.5.M – Essential

Demonstrate space and relationship awareness during game play

Know the various locations where simple games can be played.

Know how to make decisions, listen to others, solve problems, and cooperate while playing games.

PE 10.4.D - Understand that health is made up of several components such as how your body feels, how your mind thinks, how you feel about the things that happen to you and how you get along with others

PE 10.4.I - Determine what affects an

Use various skills that help them perform in sport type games.

PE 10.4.L - Understand and identify positive and negative interactions of small group activities

PE 10.4.M - Recognize that in games and sports, we must work with other people. How we work with the other people in our group can be positive or negative

PE 10.5.D - Know and demonstrate that correctly practicing a skill can help you become a more skillful mover

PE 10.5.G - Know that practice means repeating movements and cues to get better at performing skills

PE 10.5.M - Demonstrate space and relationship awareness during game play

10.4.3.A - Identify and engage in physical activities that promote physical fitness and health.

10.3.3.D - Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

Topic: Games

Days: 18

Subject(s): Physical Education

Grade(s): 3rd

Know:

Understand:

Do:

individual's physical activity choices, i.e., likes and dislikes
 PE 10.4.J - Understand that practice and knowledge of how to correctly do a skill are important in learning motor skills
 PE 10.5.A - Understand that games, dances and gymnastics are physical activities and all physical activities use fundamental motor skills
 PE 10.5.C - Understand that many physical activities use combinations of two or more fundamental motor skills/movement concepts
 PE 10.5.F - Know that the best feedback tells you how to change your performance so you can improve

Topic: Games

Subject(s): Physical Education

Days: 18

Grade(s): 3rd

Which standards are students learning in this unit?

PE 10.4.D – Unranked

Understand that health is made up of several components such as how your body feels, how your mind thinks, how you feel about the things that happen to you and how you get along with others

PE 10.4.I – Compact

Determine what affects an individual's physical activity choices, i.e., likes and dislikes

PE 10.4.J – Essential

Understand that practice and knowledge of how to correctly do a skill are important in learning motor skills

PE 10.4.L – Compact

Understand and identify positive and negative interactions of small group activities

PE 10.4.M – Important

Recognize that in games and sports, we must work with other people. How we work with the other people in our group can be positive or negative

PE 10.5.A – Essential

Understand that games, dances and gymnastics are physical activities and all physical activities use fundamental motor skills

PE 10.5.C – Essential

Understand that many physical activities use combinations of two or more fundamental motor skills/movement concepts

PE 10.5.D – Essential

Know and demonstrate that correctly practicing a skill can help you become a more skillful mover

PE 10.5.F – Important

Know that the best feedback tells you how to change your performance so you can improve

PE 10.5.G – Important

Know that practice means repeating movements and cues to get better at performing skills

PE 10.5.M – Essential

Demonstrate space and relationship awareness during game play

10.4.3.A – Essential

Identify and engage in physical activities that promote physical fitness and health.

10.3.3.D – Essential

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

Topic: Principals of Strength Training and Related Activities

Days: 6

Subject(s): Physical Education

Grade(s): 3rd

Know:

Understand:

Do:

10.4.3.A – Essential

Identify and engage in physical activities that promote physical fitness and health.

10.4.3.B – Essential

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

10.4.3.C – Essential

Know and recognize changes in body responses during moderate to vigorous physical activity.

- heart rate
- breathing rate

Frequency

Intensity

Time

Type

How often to Exercise

How hard to Exercise

How long to Exercise

What kind of Exercise

10.3.3.D – Essential

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

10.4.3.A – Essential

Identify and engage in physical activities that promote physical fitness and health.

10.4.3.B – Essential

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

10.4.3.C – Essential

Know and recognize changes in body responses during moderate to vigorous physical activity.

- heart rate
- breathing rate

Be able to do the Standing Long Jump

Be able to do the 400 yard run

Be able to do the Sit and Reach test

Be able to do Push-up and Sit-ups

Be able to do the 50 yard dash

Be able to do the Shuttle Run

Topic: Principals of Strength Training and Related Activities

Days: 6

Subject(s): Physical Education

Grade(s): 3rd

Which standards are students learning in this unit?

10.3.3.D – Essential

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

10.4.3.A – Essential

Identify and engage in physical activities that promote physical fitness and health.

10.4.3.B – Essential

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

10.4.3.C – Essential

Know and recognize changes in body responses during moderate to vigorous physical activity.

- heart rate
- breathing rate

Topic: Principles of Rhythm

Days: 10

Subject(s): Physical Education

Grade(s): 2nd, 3rd

Know:

Understand:

Do:

10.4.3.A – Essential

Identify and engage in physical activities that promote physical fitness and health.

10.4.3.D – Compact

Identify likes and dislikes related to participation in physical activities.

10.4.3.F – Essential

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

Combination Movements

Space awareness

Relationships

Skills needed for self space, levels, pathways, and directions

Skills involved in combination movements of locomotor and non-locomotor

Skills needed in over, under, beside

10.3.3.D – Essential

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

10.4.3.A – Essential

Identify and engage in physical activities that promote physical fitness and health.

10.4.3.D – Compact

Identify likes and dislikes related to participation in physical activities.

10.4.3.F – Essential

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

Be able to do the following line dances:

Electric Slide

Macarena

Cha, Cha, Slide

Virginia Reel

Cotton Eye Joe

Cupid Shuffle

Topic: Principles of Rhythm

Days: 10

Subject(s): Physical Education

Grade(s): 2nd, 3rd

Which standards are students learning in this unit?

10.3.3.D – Essential

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

10.4.3.A – Essential

Identify and engage in physical activities that promote physical fitness and health.

10.4.3.D – Compact

Identify likes and dislikes related to participation in physical activities.

10.4.3.F – Essential

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

Course Pacing Guide

Course: **Physical Education – Grade Three**

Course Unit (Topic)	Length of Instruction (Days/Periods)
1. Applying Strategies Through Team Sports and Activities	18 days
2. Aquatics	8 days
3. Games	18 days
4. Principles of Strength Training and Related Activities	6 days
5. Principles of Rhythm	<u>10 days</u>
DAYS TOTAL	60 Days