



3rd Grade Physical Education Scope & Sequence

Grading Period	Focus TEKS (R) Readiness (S) Supporting	Learning Targets
Throughout the School Year	3.1 A,B,C,J 3.2 A,B	3.3 A,B,C,D,E 3.4 A 3.5 A,B,D 3.6 A,B 3.7 A,B,C
		<ul style="list-style-type: none"> • Travel forwards, sideways and backwards while changing direction quickly and safely in dynamic situations. • Demonstrate proper form and smooth transitions during combinations of fundamental locomotor body control skills such as running and jumping safely in dynamic situations. • Demonstrate mature form in jogging, running and leaping. • Demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick. • Identify similar positions in a variety of movements. • Know that practice, attention and effort are required to improve skill. • Describe and select physical activities for enjoyment and challenge. • Participate in moderate to vigorous physical activity to increase heart rate/breathing rate and perspiration. • Participate in exercises to develop flexibility. • Lift and support own body weight to develop body strength and endurance in arms, shoulders, abdomen, back and legs. • Identify opportunities to participate in physical activity in the community. • Describe long term effects of activity on the heart. • Use equipment properly and safely.

		<ul style="list-style-type: none"> • Wear appropriate attire for participation and safety. • Identify exercise precautions (weather, temperature) and warm-up and cool-down activities. • Identify components of games that can be modified to make the games and participants more successful • Explain the importance of rules in games and activities • Follow rules, procedures and etiquette. • Persevere when learning new skills. • Accept and respect differences.
Safety	3.5 C	<ul style="list-style-type: none"> • Apply safety precautions when walking, jogging and skating in the community.
Body Awareness	3.1 D,E 3.4 D	<ul style="list-style-type: none"> • Demonstrate moving in and out of a balanced position with control. • Demonstrate proper body alignment when lifting, carrying, pushing and pulling. • Identify principles of good posture and its impact on physical activity.
Locomotor Skills	3.1 A,B,C	<ul style="list-style-type: none"> • Travel forwards, sideways and backwards while changing direction quickly and safely in dynamic situations. • Demonstrate proper form and smooth transitions during combinations of fundamental locomotor body control skills such as running and jumping safely in dynamic situations. • Demonstrate mature form in jogging, running and leaping.
Tossing and Catching	3.1 J 3.2 B	<ul style="list-style-type: none"> • Demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick. • Know that practice, attention and effort are required to improve skill.

Striking	3.1 J 3.2 B	<ul style="list-style-type: none"> • Demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick. • Know that practice, attention and effort are required to improve skill.
Ball Handling	3.1 J 3.2 B	<ul style="list-style-type: none"> • Demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick. • Know that practice, attention and effort are required to improve skill.
Jump Rope	3.1 I	<ul style="list-style-type: none"> • Demonstrate various patterns and combinations of movement in repeatable sequence.
Gymnastics	3.1 D,E,F,G	<ul style="list-style-type: none"> • Demonstrate moving in and out of a balanced position with control. • Demonstrate proper body alignment when lifting, carrying, pushing and pulling. • Demonstrate control and appropriate form such as curled position and protection of neck in rolling activities such as forward roll, shoulder roll, and safety rolls. • Transfer on and off equipment with good body control.
Cooperative Games/Recreational Games	3.6 A,B 3.7 A,C	<ul style="list-style-type: none"> • Identify components of games that can be modified to make the games and participants more successful • Explain the importance of rules in games and activities • Follow rules, procedures, and etiquette • Accept and respect differences and similarities in physical abilities of self and others.
Rhythm	3.1 H,I	<ul style="list-style-type: none"> • Clap echoes of one measure rhythmical patterns. • Demonstrate various patterns and combinations of movement in repeatable sequence.

