
PE Grade 3 Adventure Activities Curriculum

Curriculum Guide

Scranton School District

Scranton, PA



Scranton School District
Curriculum Guide

PE Grade K - 3 Curriculum

Prerequisite :

Students will practice and perform Second Grade Physical Education drills and activities.

Course Description Here

Third Grade Physical Education will be taught by a certified Health & Physical Education Teacher. It will provide student opportunities to learn and practice skills and behaviors critical to being physically active. The Third Grade student will practice motor skills and movement patterns needed to perform a variety of Physical Activities. The student will participate in regular activities and achieve a health-enhancing level of physical fitness. Each child will exhibit personal and social behavior that respects self and others in physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Scranton School District
Curriculum Guide

Year-at-a-glance

Subject:	Grade Level	Date Completed:
-----------------	--------------------	------------------------

1st Quarter, 2nd Quarter, 3rd Quarter, 4th Quarter

Topic	Resources	CCSS

1st Quarter, 2nd Quarter, 3rd Quarter, 4th Quarter:

Students will actively participate and engage in physical activities that promote lifelong fitness. Units and lessons will be dependent on facilities (indoor/outdoor), equipment, and seasons. Teachers will plan lessons based on multiple standards.

**Scranton School District
Curriculum Guide**

General Topic	Academic Standard(s)	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time
Adventure Activities	10.4.3 B: Know the positive and negative effects of regular participation in moderate to vigorous physical activities.	<p>Objective: Generate the positive and negative effects of regular participation in both moderate and vigorous activities</p> <p>Objective: Distinguish the difference between moderate and vigorous activities.</p> <ul style="list-style-type: none"> ● Vigorous Activity: Physical activities that are intense enough to cause the heart to beat faster than normal and that build cardiovascular fitness ● Physical activity ● Moderate activity ● Adventure activity ● Positive effects of moderate physical activity ● Negative effects of moderate physical activity 	<ul style="list-style-type: none"> ● Traversing Wall ● Cooperative games ● Orienteering ● New games ● Parachute 	<p>Teacher Observation</p> <p>Teacher Q&A</p> <p>Student Discussion</p>	Daily lesson plans at 40minutes per class

**Scranton School District
Curriculum Guide**

		<p>Objective: Identify changes in the body during moderate and vigorous activities</p> <ul style="list-style-type: none">● Changes in your body during activity● Adventure activity● Heart rate● Breathing rate● Respiration rate● Physical activity● Moderate Physical● Vigorous Activity			

Scranton School District
Curriculum Guide

Scranton School District
Curriculum Guide
