
PE Grade 3 Fitness Curriculum

Curriculum Guide

Scranton School District

Scranton, PA



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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.

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Year-at-a-glance

Subject:	Grade Level	Date Completed:
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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.

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General Topic	Academic Standard(s)	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time
Fitness	10.5.3 D: Identify and use principles of exercise to improve movement and fitness activities	Objective: Identify the F.I.T.T. principle <ul style="list-style-type: none"> ● F- Frequency: How often you should exercise. ● I-Intensity: How hard you should exercise (moderate to vigorous). ● T-Time: How long you should exercise (30 to 60 minutes). ● T-Type: The kind of activity you engage (select activities that raise your heart and breathing rate I.E running). 	<ul style="list-style-type: none"> ● Fitness circuits ● Tagging games ● Health-related fitness test ● Dance 	Teacher observation Teacher Q & A Student Discussion	Daily lesson plans of 40 minutes per class.

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