BERMUDIAN SPRINGS SCHOOL DISTRICT

3rd Grade - Physical Education - Year-Long Curriculum Map

	Aug.			Sept.				Oct.					Nov.					Dec.				Jan.					Feb.					Mar.					Apr.					May				
UNIT/Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Recess Games (Four Square, Hand Baseball) Recognize and describe game strategies using appropriate vocabulary																																								
Soccer (Kicking, Dribbling, Passing, Trapping) Manipulative Movements and Combination Movement																																								
Passball (throwing, catching, defending, moving to get open, faking) Recognize and describe game strategies using appropriate vocabulary.																																								
Fitness Testing (shuttle run, mile, flexed arm hang, pull ups, sit ups, V-sit reach) Identify and use principles of exercise to improve movement and fitness activities.																																								
Volleyball (bump, set, serve) Recognize and describe the concepts of motor skill development using appropriate vocabulary. Form, provide feedback. Know the function of practice.																																								

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Jump Rope (short and long rope) Identify and engage in physical activities that promote physical fitness and health. Know and recognize changes in body responses during moderate to vigorous physical activity.																																								
Basketball (dribbling, shooting, passing, shooting games) Recognize positive and negative interactions of small group activities.																																								
Track and Field (shot put, dashes, hurdles, high jump, running long jump,																																								
Whiffle Ball (hitting with a bat and tee, catching, safety)																																								
Make up/Retest Fitness Tests																																								

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