

WSD Grades 3-5 Physical Ed Curriculum Map

Western School District utilizes the **State of Michigan benchmark-based Exemplary Physical Education Curriculum (EPEC)**; See this link for EPEC information: <http://www.michiganfitness.org/EPEC/default.htm>

See this link for **State of Michigan Physical Education Benchmarks**:
http://www.michigan.gov/documents/mde/PE_Stnds.Bench_FINAL_2.14.07_246701_7.pdf

See this link for **Grade 3-5 Physical Education Level Content Expectations**: http://www.michigan.gov/mde/0,1607,7-140-28753_38684_29234-162275--,00.html

<u>Content Expectations</u>	<u>Pacing Guide</u>	<u>Student-Friendly Language (Clarification)</u>	<u>Instructional Strategies/Materials</u>	<u>Assessment</u>
Self-Control (Personal/Social Skill)	Three day unit Quarter One		EPEC Self-Control Curriculum	
Give a definition of self-control and tell why showing self-control is important to self and others	Step 1	Self-Control; Make Good Choices and Do the Right Thing, Even When Excited or Angry; Why?; Show Self-Control		Observation and Assessment Rubric
Recall definition and demonstrate self-control by exhibiting the first 3 behavioral indicators when asked by the teacher to perform them.	Step 2	Make Good Choices and Do the Right Thing, Even When Excited or Angry; 1. Show Anger Appropriately 2. Cooperate, Keep Trying 3. Disagree Without Arguing		Observation and Assessment Rubric
Recall definition and demonstrate self-control by exhibiting the remaining 3 behavioral indicators when asked by the teacher to perform them.	Step 3	Make Good Choices and Do the Right Thing, Even When Excited or Angry; 4. Listen Without Interrupting 5. Accept Outcomes 6. Receive Discipline		Observation and Assessment Rubric
Leap (Locomotor Skill)	Three day unit Quarter One		EPEC Leap Curriculum	
Demonstrate leaping off the front foot and landing on the opposite foot correctly, starting from a standing position.	Step 1	Stand, Bend, Push, Reach, Land softly		Observation & Skill Ass'm'nt Rubric
Demonstrate swinging the arm and leaning correctly when leaping from a standing position.	Step 2	Stand, Bend, Swing Arm and Leg, Lean, Reach		Observation & Skill Ass'm'nt Rubric
Demonstrate walking at a moderate speed, leaping correctly, then continuing to walk.	Step 3	Walk, Step and Bend; Push, Swing Arm and Leg; Reach; Walk		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form while running at a moderate speed, leaping, and then continuing to run at a moderate speed.	Step 4	Run, Step and Bend; Push, Swing Arm and Leg; Reach; Run		Observation & Skill Ass'm'nt Rubric

WSD PE Curriculum Map Grade 3

Demonstrate mature form while running at a moderate speed leaping over a flat obstacle and then continuing to run at a moderate speed.	Step 5	Push, Swing Arm and Leg; Reach; Clear; Run		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form while running at a moderate speed, leaping a distance that meets or exceeds the performance standards, and then continuing to run at a moderate speed.	Step 6	Push, Swing Arm and Leg; Reach; Clear Distance; Run		Observation & Skill Ass'm'nt Rubric
Aerobic Fitness (Knowledge, Activity and Fitness Skill)	Ten day unit throughout year		EPEC Aerobic Activity/Fitness Curriculum	
Sustain exercise at a moderately high intensity for four minutes.	Quarter One: Step 4	Run/Walk/Jog		Observation & Skill Ass'm'nt Rubric
Sustain exercise at a moderately high intensity for nine minutes.	Quarter One: Step 9	Run/Walk/Jog		Observation & Skill Ass'm'nt Rubric
Sustain exercise at a moderately high intensity for seven minutes.	Quarter Two: Step 7	Run/Walk/Jog		Observation & Skill Ass'm'nt Rubric
Sustain exercise at a moderately high intensity for eleven minutes.	Quarter Two: Step 11	Run/Walk/Jog		Observation & Skill Ass'm'nt Rubric
Sustain exercise at a moderately high intensity for nine minutes.	Quarter Three: Step 9	Run/Walk/Jog		Observation & Skill Ass'm'nt Rubric
Sustain exercise at a moderately high intensity for ten minutes.	Quarter Four: Step 10	Run/Walk/Jog		Observation & Skill Ass'm'nt Rubric
Demonstrate the ability to sustain continuous aerobic exercise while completing a one-mile run/walk.	Quarter Four: Step 12	Run/Walk/Jog		Observation & Skill Ass'm'nt Rubric
Hip and Low Back Flexibility (Knowledge, Activity and Fitness Skill)	Five day unit throughout year		EPEC Hip and Low Back Flexibility Curriculum	
Demonstrate an appropriate level of hip and low-back joint flexibility as defined by the performance standards, maintaining all elements of form while executing the Wall Stretch, Quad Stretch & Sit and Lean Stretch and holding each stretch for at least 30 seconds.	Steps 1-4 Quarter One	Stick to Wall, Feet Flat, Point Toes-Straighten, Hold: Lie Flat, Bend Knee, Bend Other, Hold; Sit Straight, Arms Behind Head, Lean, Hold		Observation & Skill Ass'm'nt Rubric
Demonstrate all elements of form while executing the Standing Hamstring Stretch, holding each stretch for 30 seconds, two consecutive times.	Step 5: Quarter One 1 X; Quarter 2 One X	Stand Tall; Bend forward; Straighten and Hold One; Straighten and Hold Other		Observation & Skill Ass'm'nt Rubric

WSD PE Curriculum Map Grade 3

Demonstrate all elements of form while executing the Standing Quad Stretch, holding each stretch for 30 seconds, two consecutive times.	Step 6: Quarter One 1 X, Quarter 2 1 X, Quarter 4 1 X	Stand; Reach Back; Hold; Other Leg		Observation & Skill Ass'm'nt Rubric
Demonstrate all elements of form when executing The Cat exercise, holding the stretch for 30 seconds, two consecutive times.	Step 7: Quarter One, 1 X, Quarter 2 1 X, Quarter 4 1 X	All Fours; Flat Back; Arch; Hold		Observation & Skill Ass'm'nt Rubric
Instep Kick (Object Control Skill)	Four day unit Quarter One		EPEC Instep Curriculum	
Demonstrate standing and stepping correctly when kicking a ball so it travels a distance of 20 feet.	Step 1	Stand; Watch Ball; Big Step; Shoelaces--Firm foot		Observation & Skill Ass'm'nt Rubric
Demonstrate correct backswing and kick action when kicking a ball so it travels a distance of 20 feet	Step 2	Stand; Watch Ball; Big Step; Shoelaces--Firm foot		Observation & Skill Ass'm'nt Rubric
Demonstrate correct posture and arm swing when kicking a ball so it travels a distance of 20 feet.	Step 3	Stand, Watch Ball; Big Step; Lift Back; Swing		Observation & Skill Ass'm'nt Rubric
Demonstrate following through correctly when kicking a ball so it travels a distance of 20 feet.	Step 4	Big Step, Lift Back; Straighten; Swing Leg; Swing Other hand		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when kicking a ball in a smooth, continuous motion so it travels a distance of at least 20 feet in the air.	Step 5	Big Step, Lift Back, Swing Leg, Point and Land, Land Softly		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when kicking a stationary ball after approaching it at a moderate speed, so it travels 30 feet and hits a 15-foot-wide by eight-foot-high target marked on the wall, three consecutive times.	Step 6	Approach, Lift Back; Kick Hard; Step Toward Target; Hit Target		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when kicking a stationary ball after approaching it at a moderate speed, so it travels 40 feet and hits a 15-foot-wide by eight-foot-high target marked on the wall, three consecutive times.	Step 7	Approach, Lift Back; Kick Harder; Step Toward Target; Hit Target		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when kicking a ball after dribbling the ball with the feet at a moderate speed, so it travels 40 feet and hits a 15-foot-wide by eight-foot-high target marked on the wall, three consecutive times.	Step 8	Toes In/Out, Tap Ahead; Step Beyond, Lift Back; Kick Hard; Hit Target		Observation & Skill Ass'm'nt Rubric
Lift and Carry Posture (Object Control Skill)	Two day unit Quarter One		EPEC Lift and Carry Curriculum	

WSD PE Curriculum Map Grade 3

Demonstrate mature form when lifting a five-pound box off the floor, carrying it at least 20 feet and lowering it to the floor.	Step 3	Stand Close; Lift; Carry Close; Lower		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when lifting a six- to 10-pound box off the floor, carrying it at least 30 feet and lowering it to the floor.	Step 4	Stand Close, Squat and Grab; Lift More; Carry Close; Lower		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when lifting a six- to 10-pound box, carrying it at least 30 feet in various directions and pathways and lowering it to the floor.	Step 5	Stand Close, Squat and Grab; Lift; Around Cones; Change Direction		Observation & Skill Ass'm'nt Rubric
Foot Dribble (Object-Control Skill)	Four day unit Quarter One		EPEC Foot Dribble Curriculum	
Demonstrate mature form when dribbling a ball in a smooth, continuous motion at a moderate speed for 40 feet.	Step 4	Toe Out, Tap Ahead; Step, Tap Ahead; Toe In, Tap Ahead; Look Ahead		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when dribbling a ball and maintaining control at moderate to fast speeds for 75 feet.	Step 5	Toe In/Out, Tap Ahead; Step, Tap Ahead; Jogging Pace; Fast Pace		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when dribbling a ball along a curved pathway and maintaining control at moderate to fast speeds for 75 feet.	Step 6	Toe In/Out, Tap Ahead; Step, Tap Ahead; Look Ahead; Ball Close, Around Cones		Observation & Skill Ass'm'nt Rubric
Responsibility (Personal/Social Skill)	Three day unit Quarter Two		EPEC Responsibility Curriculum	
Give a definition of responsibility and tell why responsibility is important to self and others.	Step 1	Tell Yourself to Do the Right Thing; Why?; Be Responsible		Observation and Assessment Rubric
Recall definition and demonstrate responsibility by exhibiting the following 3 indicators: Follows through on tasks; Demonstrates good judgment and sound thinking with taking action; Comes to activities prepared to participate	Step 2: First Three Indicators	Tell Yourself to Do the Right Thing; Finish Your Job; think First; Be prepared		Observation and Assessment Rubric
Recall definition and demonstrate responsibility by exhibiting the remaining 3 indicators: Holds self accountable for personal decisions and actions; Responds honestly and respectfully; Admits mistakes	Step 3: Second Three Indicators	Tell Yourself to Do the Right Thing; Accept Consequences; Be Honest; Admit Mistakes		Observation and Assessment Rubric
Vertical Jump (Locomotor Skill)	Three day unit Quarter Two		EPEC Vertical Jump Curriculum	

WSD PE Curriculum Map Grade 3

Preparation Phase, (from a standing position): Side orientation to target, focus eyes on target. Feet shoulder-width, weight on balls of feet. Flex hips & knees 80-100 degrees. Simultaneously extend arms down & behind body.	Step 1	Stand, Look Up; Crouch; Point Down; Weight on Toes		Observation & Skill Ass'm'nt Rubric
Jump Action (at half speed): Flex hips & knees; Simultaneously extend arms down & behind body; Swing both arms forward, then upward while simultaneously extending ankles, knees & hips so body parts form a straight line, resulting in jumper <u>standing on toes</u> with eyes focused in the direction of the jump.	Step 2	Crouch; Push, Reach Up; Straight as a Rocket; Look Up		Observation & Skill Ass'm'nt Rubric
Action Phase (at full speed) Demonstrate correctly all above, also take-off trajectory is nearly perpendicular to the ground. Take off from both feet simultaneously. Reach directly overhead with one arm, extending elbow & shoulder until legs, trunk & reaching arm are in vertical alignment. Other arm swings down after reaching head height.,	Step 3	Crouch; Jump; Straight as a Rocket; Reach Up		Observation & Skill Ass'm'nt Rubric
Mature Form (from a standing position) Demonstrate correctly both the Preparation Phase and the Action Phase and then the Completion Phase: Absorb the force of landing by landing on both feet and then flexing the ankles, knees and hips.	Step 4	Stand, Crouch; Jump; Straight as a Rocket, Reach Up; Land Two		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when executing a vertical jump six times in a row without stopping.	Step 5	Stand, Crouch; Straight as a Rocket; Jump 1. 2. 3; Jump 4, 5, 6		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when executing a vertical jump that meets or exceeds age/grade performance standards.	Step 6	Stand, Crouch; Straight as a Rocket, Reach Up; Jump High; Jump Higher		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when executing a vertical jump in combination with a step and taking off from two feet that meets or exceeds the age/grade performance standards.	Step 7	Stand, Crouch; Straight as a Rocket, Reach Up; Jump High		
Underhand Throw (Object Control Skill)	Three day unit Quarter Two		EPEC Underhand Throw Curriculum	

WSD PE Curriculum Map Grade 3

Demonstrate correct grip and stance (fingers on bottom, thumb on top, slight space between ball and palm; feet close, shoulders square) when throwing a ball underhand at least 15 feet.	Step 1	Grip; Fingers Low, Thumbs High; Feet Close; Square to Target		Observation & Skill Ass'm'nt Rubric
Demonstrate correct arm swing and stride (correct stance, then step toward target w/ opposite foot while simultaneously swing the throwing arm backward w/ palm down. Then swing throwing arm forward directly under the shoulder.) when throwing a ball underhand at least 15 feet.	Step 2	Square to Target; Step Forward; Arm Back; Arm Forward		Observation & Skill Ass'm'nt Rubric
Demonstrate releasing the ball correctly (flex the wrist and release the ball with the three middle fingers directly behind the ball) when throwing a ball underhand at least 15 feet.	Step 3	Arm Back; Wrist Back; Arm Forward, Flip Wrist; Roll Off Fingers		Observation & Skill Ass'm'nt Rubric
Demonstrate correct weight transfer and follow through (transfer the weight to the front foot as the throwing arm swings forward; flex wrist & release ball with three middle fingers directly behind ball; follow through well beyond the point of release and in line with the target) when throwing a ball underhand at least 15 feet.	Step 4	Step Toward Target; Arm Back; Rock Forward; Arm Forward, Finish High		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form in a smooth, continuous motion when throwing a ball underhand at least 20 feet.	Step 5	Grip, Square to Target; Step Toward Target, Arm/Wrist Back; Rock Forward, Arm Forward; Flip Wrist, Finish High		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when throwing a ball underhand so it hits a four-foot-square target, centered three feet above the ground, from at distance of fifteen feet, three consecutive times.	Step 6	Step Toward Target, Arm/Wrist Back; Rock Forward, Arm Forward; Finish High; Hit Target		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when throwing a ball underhand so it hits a four-foot-square target, centered three feet above the ground, from at distance of 25 feet, three consecutive times.	Step 7	Step Toward Target, Arm/Wrist Back; Rock Forward, Arm Forward; Finish High; Hit Target		Observation & Skill Ass'm'nt Rubric

WSD PE Curriculum Map Grade 3

Demonstrate mature form when throwing underhand after fielding a ball that travels a distance of 15 feet, turning 90 degrees, and then hitting a four-foot-square target, centered above the ground, from a distance of 20 feet, three consecutive times.	Step 8	Catch With Hands; Turn to Target; Throw; Hit Target		Observation & Skill Ass'm'nt Rubric
Hop (Locomotor Skill)	Three day unit Quarter Two		EPEC Hop Curriculum	
Demonstrate mature form in a smooth, continuous motion while hopping on each foot.	Step 4	Bend; Push, go Forward; Swing Knee; Bend Elbows, Balance with Arms		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form while hopping, changing feet every four hops.	Step 5	Push, Swing Knee, Go Forward; Four Times Right; Push, Swing Knee, Go Forward; Four Times Left		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when hopping in time to music of moderate tempo, changing feet every four hops.	Step 6	Bend; Push, go Forward; Swing Knee; Land on Beat		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when hopping in time to slow, moderate and fast tempos, eight consecutive times on each foot.	Step 7	Push, Swing Knee, Go Forward; Hop in Time, Slow; Hop in Time, Medium; Hop in Time, Fast		Observation & Skill Ass'm'nt Rubric
Catch Rolling Balls (Object-Control Skill)	Four day unit Quarter Two		EPEC Catch Rolling Balls Curriculum	
Demonstrate correct ready position when preparing to catch a rolling ball.	Step 1	Feet Ready; Body Ready; Hands Ready; Eyes on Ball		Observation & Skill Ass'm'nt Rubric
Demonstrate correct arm and leg action when preparing to catch a rolling ball.	Step 2	Eyes on Ball, Square to Ball; Crouch; Reach, Palms Up; Triangle		Observation & Skill Ass'm'nt Rubric
Demonstrate controlling the ball correctly when catching a rolling ball.	Step 3	Crouch; Catch; Don't Trap; Lift		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when catching a ball that is rolled directly to the student at a moderate speed from a distance of 15-20 feet.	Step 4	Ready; Crouch; Catch In-Line; Lift		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when catching a ball that is rolled directly to the student at various speeds from a distance of 20 feet.	Step 5	Catch; Slow Ball; Medium Ball; Fast Ball		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when sliding three feet into position (step-jump-close pattern) and catching a ball that is rolled from a distance of 20 feet.	Step 6	Slide; Crouch; Catch; Lift		Observation & Skill Ass'm'nt Rubric

WSD PE Curriculum Map Grade 3

Demonstrate mature form when sliding six feet into position and catching a ball that is rolled from a distance of 30 feet.	Step 7	Slide Far; Crouch; Catch; Lift		Observation & Skill Ass'm'nt Rubric
Arm/Shoulder Strength (Knowledge, Activity and Fitness)	Four day unit throughout year		EPEC Arm/Shoulder Strength Curriculum	
Demonstrate all elements of form when executing the Modified Push-Up, three consecutive times.	Step 1: Q 2, Q 3	Hands/Knees Balance, Body Straight; Lower Slowly, Body Straight; Push; Three Times		Observation & Skill Ass'm'nt Rubric
Demonstrate all elements of form when executing the Regular Push-Up, three consecutive times.	Step 2: Q 2, Q 3	Lie on Floor, Fingers Forward; Push, Body Straight; Lower Slowly; Three Times		Observation & Skill Ass'm'nt Rubric
Demonstrate all elements of form when executing the Modified Flexed-Arm Hang, three consecutive times.	Step 3: Q 2	Shoulder-Width; Reverse Grip, Thumbs Around Bar; Eyes at Bar Level. Two Seconds		Observation & Skill Ass'm'nt Rubric
Demonstrate an appropriate level of upper-arm strength and endurance as defined by the grade performance standards, maintaining all elements of form for each exercise.	Step 4: Q 2	Achieve Standards: Modified Push-up, Regular Push-Up, Modified Flexed-Arm Hang, Same Pace		Observation & Skill Ass'm'nt Rubric
Run (Locomotor Skill)	Two day unit Quarter Two		EPEC Run Curriculum	
Demonstrate mature form in a smooth, continuous motion when running at least 90 feet at high speed.	Step 5	Eyes Forward, Land on Toes; Bend, Feet Straight; Push, Knee High; Pump, Heel to Bottom		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when running at slow speeds for at least two minutes, moderate speeds for at least one minute, and high speeds for at least one minute.	Step 6	Run Well; Run Slow; Run Medium; Run Fast		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when running at least 90 feet (from a running start) with a time equal to or better than the age/grade performance standards.	Step 7	Push, Knee High; Pump, Heel to Bottom; Run Medium; Run Fast		Observation & Skill Ass'm'nt Rubric
Respect for Others (Personal/Social Skill)	Three day unit Quarter Three		EPEC Respect for Others Curriculum	
Give a definition of respect for others and tell why respect is important to self and others.	Step 1	Respect for Others; Say and Do Nice Things for Others; Why?; Show Respect for Others		Observation and Assessment Rubric

WSD PE Curriculum Map Grade 3

Recall def. and demo. respect by exhibiting the first three behavioral indicators: Interacts with others in a polite and courteous manner. Listens willingly to the ideas, opinions, perspectives and achievements of others. Shows acceptance and appreciation for differences in ability and personal attributes of individuals.	Step 2	Say and Do Nice Things for Others; Be Polite; Listen to Others; Accept Differences		Observation and Assessment Rubric
Recall def. and demo. respect by exhibiting the second three behavioral indicators: Shows consideration for the safety of others. Acknowledges the potential in others and encourages the development of others. Accepts and acts on constructive feedback from teachers and peers.	Step 3	Say and Do Nice Things for Others; Keep Others Safe; Encourage Others; Accept and Use Feedback		Observation and Assessment Rubric
Forehand Strike (Object Control Skill)	Five day unit Quarter Three		EPEC Forehand Strike Curriculum	
Demonstrate the correct grip when preparing to strike a ball.	Step 1	Shake Hands; V; Strong Wrist; On Edge		Observation & Skill Ass'm'nt Rubric
Demonstrate the correct ready position when preparing to strike a ball.	Step 2	Grip; Ready Hands; Ready Feet; Ready You		Observation & Skill Ass'm'nt Rubric
Demonstrate a correct forehand stroke motion without hitting a ball, starting from a side orientation.	Step 3	Side to Target; Rock Back; Rock Forward, Swing and Twist; Low to High		Observation & Skill Ass'm'nt Rubric
Demonstrate a correct forehand stroke motion when striking a self-dropped tennis ball, starting from a side orientation.	Step 4	Grip, Side to Target; Rock Back, Drop; Rock Forward, Swing and Twist; Low-Hit-High		Observation & Skill Ass'm'nt Rubric
Demonstrate pivoting from the ready position to a side orientation correctly when preparing to strike a ball.	Step 5	Ready Position; Pivot; Open Door; Point		Observation & Skill Ass'm'nt Rubric
Hand Dribble (Object Control Skill)	Four day unit Quarter Three		EPEC Hand Dribble Curriculum	
Demonstrate pushing and catching a ball correctly with the dominant hand.	Step 1	Ready You; Hand on Top, Fingers Spread; Push, Finger Pads; Catch		Observation & Skill Ass'm'nt Rubric
Demonstrate pushing and catching a ball correctly with the non-dominant hand.	Step 2	Ready You; Hand on Top, Fingers Spread; Push, Finger Pads; Catch		Observation & Skill Ass'm'nt Rubric

WSD PE Curriculum Map Grade 3

Demonstrate dribbling a ball correctly in a stationary position five times with the dominant hand and then with the non-dominant hand.	Step 3	Ready You, Hold Ball; Push, Finger Pads; Lift, Push Again; Other Hand		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form while walking and dribbling a ball at least 30 feet with the dominant hand and then with the non-dominant hand. *See Teaching/Learning Progression for Mature Form Dribbling Benchmarks.	Step 4	Ready You; Hand on Top, Fingers Spread; Push, Finger Pads; Catch		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form while dribbling a ball in a stationary position for 20 seconds and alternating the dominant and non-dominant hands every five seconds, and then walking 30 feet while alternating hands every five feet.	Step 5	Stand and Dribble, Look Ahead; Switch Hands, V Dribble; Walk and Dribble, Look Ahead; Switch Hands, V Dribble		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form while dribbling a ball 90 feet along a curved pathway, changing hands to negotiate two right and two left turns without losing control of the ball.	Step 6	Push, finger Pads; Lift, Look Ahead; Around cones; Ball Outside		Observation & Skill Ass'm'nt Rubric
Beneficial Effects of Physical Activity (Knowledge, Activity & Fitness Skill)	Therree day unit Quarter Three		EPEC Benefits of Physical Activity Curriculum	
Demonstrate knowledge of the heart by identifying the location and function of the heart.	Step 1	Heart Function		Observation and Verbal Test Questions w/ Rubric
Demonstrate knowledge of the effect of activity on the heart by identifying that the heart rate increases as a result of an increase in physical activity.	Step 2	Heart Rate and Activity		Observation and Verbal Test Questions w/ Rubric
Demonstrate knowledge of the lungs by identifying the location and function of the lungs.	Step 3	Lung Function		Observation and Verbal Test Questions w/ Rubric
Demonstrate knowledge of the effect of activity on respiration by identifying that respiration rate increases as a result of an increase in physical activity.	Step 4	Respiration and Activity		Observation and Verbal Test Questions w/ Rubric
Demonstrate knowledge of the effect of activity on body temperature.	Step 5	Temperature and Activity		Observation and Verbal Test Questions w/ Rubric

WSD PE Curriculum Map Grade 3

Demonstrate knowledge of the effect of physical activity on aerobic fitness.	Step 6	Aerobic Fitness and Activity		Observation and Verbal Test Questions w/ Rubric
Demonstrate knowledge of the effect of physical activity on muscular fitness.	Step 7	Muscular Fitness and Activity		Observation and Verbal Test Questions w/ Rubric
Underhand Strike (Object Control Skill)	Four day unit Quarter Three		EPEC Underhand Strike Curriculum	
Demonstrate the correct ready position when preparing to strike a ball underhand.	Step 1	Feet Staggered, Favorite Foot Back; Sticky Ball; Flat Hand, Touch; Watch Ball		Observation & Skill Ass'm'nt Rubric
Demonstrate the correct arm action when striking a ball underhand so it travels a distance of at least 15 feet.	Step 2	Ready You; Swing Back; Swing Forward; Swing Through		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when striking a ball underhand so it travels a distance of at least 20 feet. *See Teaching/Learning Progression for Preparation, Action and Completion Phase Benchmarks.	Step 3	Sticky Ball, Ready You; Swing Back; Swing Forward, Step Forward; Swing Through		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when striking a ball underhand so it reaches a height of at least seven feet and travels 30 feet.	Step 4	Swing Back; Swing Forward, Step Forward; High; Far		Observation & Skill Ass'm'nt Rubric
Constructive Competition (Personal/Social Skill)	Three day unit Quarter Four		EPEC Constructive Competition Unit	
Give a definition of constructive competition and tell why constructive competition is important to self and others.	Step 1	Constructive Competition; Try Hard and Play Fair; Why?; Compete Constructively		Observation and Assessment Rubric
Recall definition and demonstrate constructive competition by exhibiting the remaining three behavioral indicators when asked by the teacher to perform them: Acknowledges outstanding performances by teammates and opponents, regardless of outcome.	Step 2	Try Hard and Play Fair; Always Work Hard; Encourage Teammates; Improve Without Blaming		Observation and Assessment Rubric
Recall definition and demonstrate constructive competition by exhibiting the remaining three behavioral indicators when asked by the teacher to perform them: Acknowledges outstanding performances by teammates and opponents, regardless of outcome. Refrains from bragging or gloating. Refrains from taunting or ridiculing.	Step 3	Try Hard and Play Fair; Congratulate Others; Do Not Brag; Do Not Make Fun		Observation and Assessment Rubric

WSD PE Curriculum Map Grade 3

Catch Fly Balls (Object Control Skill)	Four day unit Quarter Four		EPEC Catch Fly Balls Curriculum	
Demonstrate dropping a ball and catching it correctly at the peak of the bounce.	Step 1	Ready; Hold; Drop, Watch Ball; Catch		Observation & Skill Ass'm'nt Rubric
Demonstrate tossing a ball to progressively greater heights (to eight feet) and catching it correctly.	Step 2	Hold; Toss, Watch Ball; Catch; Lower		Observation & Skill Ass'm'nt Rubric
Demonstrate catching a ball correctly that is lobbed from a distance of six feet and to progressively greater heights (to ten feet).	Step 3	Ready; Watch Ball, Step in Line; Reach to Ball; Lower		Observation & Skill Ass'm'nt Rubric
Demonstrate correct hand position when catching a ball that is lobbed from a distance of six feet and to a height of 10 feet.	Step 4	Reach to Ball; Thumbs Out (Ball Low); Thumbs In (Ball High; Don't Trap		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when catching a ball that is lobbed from a distance of 10 feet and to a height of 10 feet.	Step 5	Ready; Watch Ball, Step in Line; Thumbs In/Out, Catch; Lower		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when catching a ball that is thrown to the student from a distance of 15 feet and to a height of 10 feet.	Step 6	Ready; Watch Ball; Thumbs In/Out; Catch		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when moving into position and catching a ball that is thrown within five feet of either side of the student from a distance of 20 feet and to a height of 10 feet.	Step 7	Ready; Watch Ball, Step in Line; Thumbs In/Out; Catch		Observation & Skill Ass'm'nt Rubric
Skip (Locomotor Skill)	Two day unit Quarter Four		EPEC Skip Curriculum	
Demonstrate mature form in a smooth, continuous motion while skipping at a moderate speed when asked but without external tempos.	Step 4	Step-Hop; Swing Knee; Swing Arm; Smooth		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form while skipping in time to a moderate tempo provided by the instructor.	Step 5	Step-Hop; Swing Knee; Swing Arm; Skip in Time		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form while skipping in time to music of moderate tempo.	Step 6	Step-Hop; Swing Knee; Swing Arm; Skip to Music		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form while skipping in time to music of moderate tempos (slow, moderate and fast) provided by the instructor and in various pathways.	Step 7	Step-Hop; Swing Knee, Swing Arm; Skip to Music; Skip on Path		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when skipping in physical activities.	Step 8	Step-Hop; Swing Knee; Swing Arm; Skip Well in Games		Observation & Skill Ass'm'nt Rubric

WSD PE Curriculum Map Grade 3

Overhand Throw (Object Control Skill)	Four day unit Quarter Four		EPEC Overhand Throw Unit	
Demonstrate the correct T position when throwing a tennis ball overhand at least 20 feet, starting from a side orientation.	Step 1	T Position; Hand on Top; Twist Tummy; Tickle Knee		Observation & Skill Ass'm'nt Rubric
Demonstrate opening to a T position correctly when throwing a tennis ball overhand at least 20 feet, starting from a side orientation.	Step 2	Stand Sideways; Open to T; Twist Tummy; Tickle Knee		Observation & Skill Ass'm'nt Rubric
Demonstrate pivoting and twisting correctly when throwing a tennis ball overhand at least 20 feet, starting facing the target.	Step 3	Face Target; Turn and Step; T Position; Twist and Throw; Tickle Knee		Observation & Skill Ass'm'nt Rubric
Demonstrate correct arm action when throwing a tennis ball overhand at least 20 feet, starting facing the target.	Step 4	T Position; Bend Elbow, Hand Back; Straighten Elbow, Let Go; Finish		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form while throwing a tennis ball overhand at least 30 feet, starting facing the target.	Step 5	Turn to a T Position; Twist, Bend Elbow; Straighten Elbow, Let Go; Finish		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form while throwing a tennis ball overhand so it travels in the air these distances: K-2, 30 feet; 3-5, 40 feet.	Step 6	Turn to T Position, Longer Step; Twist Quickly, Straighten Elbow; Finish; Throw Far		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when throwing a tennis ball overhand so it hits a six-foot-square target centered four feet above the ground from these distances: K-2, 30 feet; 3-5, 40 feet.	Step 7	Turn to T Position, Look at Target; Step Toward Target, Twist Quickly; Finish Toward Target; Hit Target		Observation & Skill Ass'm'nt Rubric
Batting (Object Control Skill)	Four day unit Quarter Four		EPEC Batting Unit	
Demonstrate correct hand placement when preparing to hit a ball off a batting tee.	Step 1	Coloring Hand on Top; Hand Near End; Hands Together; Knuckles		Observation & Skill Ass'm'nt Rubric
Demonstrate the correct stance when preparing to hit a ball off a batting tee.	Step 2	Feet Ready; Body Ready; Arms Ready; Bat Ready		Observation & Skill Ass'm'nt Rubric
Demonstrate swinging correctly when hitting a ball off a batting tee.	Step 3	Rock Back; Twist, Squash the Bug; Rock Forward; Hands First		Observation & Skill Ass'm'nt Rubric
Demonstrate correct arm action when hitting a ball off a batting tee.	Step 4	Swing, Extend Elbows; Hands First; Bat Level; Roll Hands, Finish		Observation & Skill Ass'm'nt Rubric
Demonstrate striding correctly when hitting a ball off a batting tee.	Step 5	Rock Back; Short Step; Twist, Squash the Bug; Bat Level		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when hitting a ball off a batting tee.	Step 6	Batter Up; Rock Back; Short Step, Twist; Bat Level, Finish		Observation & Skill Ass'm'nt Rubric

WSD PE Curriculum Map Grade 3

Demonstrate mature form when hitting a ball off a batting tee so it travels a total of at least 50 feet.	Step 7	Batter Up; Short Step, Twist; Bat Level, Finish; Far		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when hitting a ball tossed in the strike zone from a distance of 20 feet and with an arc of four to seven feet.	Step 8	Batter Up; Watch Ball, Short Step; Swing Level; Hit Ball		Observation & Skill Ass'm'nt Rubric
Horizontal Jump (Locomotor Skill)	Two day unit Quarter Four		EPEC Horizontal Jump Unit	
Demonstrate mature form for all phases of the horizontal jump correctly, starting from a standing position.	Step 3	Crouch, Point Back; Reach Up, Straighten; Land Two; Reach Forward, Finish Softly		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when executing a 40-inch (3rd grade) horizontal jump over flat obstacle.	Step 4	Crouch, Point Back; Reach Up, Straighten; Land Two, Reach Forward; Clear		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when executing a horizontal jump that meets or exceeds the grade-level performance standards: Age 8, Grade 3: 46".	Step 5	Crouch, Point Back; Reach Up, Straighten; Land Two, Reach Forward; Clear Distance		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when executing a running long jump (i.e., running in combination with a horizontal jump from a one-foot take-off).	Step 6	Crouch, One-Foot-Take-Off, Straighten; Land Two; Reach Forward, Finish Softly		Observation & Skill Ass'm'nt Rubric