

**2023 ~ 2024**  
**3<sup>rd</sup> Grade Physical Education ~ Year-at-a-Glance**

Standard	Aug	September	October	November	December	January	February	March	April	May
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<b>Movement Competency and Understanding</b>	<p><b><u>Tagging, Chasing, Fleeing &amp; Dodging</u></b> (principles of safe movement &amp; proper tagging; movement principles in speed, direction, pathways &amp; levels, key vocabulary, skill cues &amp; body mechanics, tactics, health benefits)  <b>6 - 9 Lessons</b></p>	<p><b><u>3<sup>rd</sup> Grade Manipulatives: Refinements &amp; Extensions</u></b> (throwing, catching, &amp; kicking a variety of objects in combination &amp; in transition, i.e. throwing on the run, key vocabulary, skill cues &amp; body mechanics)  <b>6 - 9 Lessons</b></p>	<p><b><u>3<sup>rd</sup> Grade Manipulatives: Refinements &amp; Extensions</u></b> (hand &amp; foot dribbling, foot passing &amp; trapping, volleying in combination &amp; transition, i.e. dribbling &amp; running, key vocabulary, skill cues &amp; body mechanics)  <b>6 - 9 Lessons</b></p> <p><b><u>Balance, Rotation &amp; Rolls</u></b> (static &amp; dynamic challenges, rotational &amp; rolling skills in isolation, or combination; momentary stillness in symmetrical &amp; nonsymmetrical shapes; jumping, landing &amp; turning, key vocabulary, skill cues &amp; body mechanics)  <b>4 - 6 Lessons</b></p>	<p><b><u>3<sup>rd</sup> Grade Manipulatives: Using Short &amp; Long Handled Implements</u></b> (key vocabulary, skill cues, form &amp; body mechanics, safety)  <b>9 - 12 Lessons</b></p> <p><b><u>Rhythmic Movement: Dance &amp; Rope Skipping</u></b> (movement to rhythmic patterns; changes in direction, speed, pathways, levels &amp; timing; line, circle, group and partner dances, long &amp; short jump rope mechanics)  <b>4 - 6 Lessons</b></p>	<p><b><u>Elements of Skill Related Fitness</u></b> (speed, agility, balance, reaction time, coordination &amp; power): Integrated with all locomotor, non-locomotor &amp; manipulative activities where appropriate</p> <p><b>Concepts of time, force, flow, location, direction, pathways, extension &amp; levels:</b> Integrated with all locomotor, non-locomotor &amp; manipulative activities where appropriate</p> <p><b><u>Applied Learning: Integration of Skills into Simple Games, Contests, Relays &amp; Tournaments:</u></b> Activity themes based on the "Wheel" in Children Moving, integrated into all activities where appropriate</p>							
	<b>Physical and Personal Wellness</b>	<p><b><u>Setting Goals for Fitness: FitnessGram Practice</u></b> (introduction to FitnessGram testing; learning testing protocols, H.E.L.P. philosophy <b>Healthy Fit Zone</b>; fitness as individually unique; basic goal setting)  <b>4 - 6 Lessons</b></p>		<p><b><u>Introduction to F.I.T.T Principles</u></b> (frequency, intensity, type &amp; time; body's ability to adapt to increased workloads; applying F.I.T.T. principles to improve fitness)  <b>4 - 6 Lessons</b></p>		<p><b><u>Introduction to Health Related Fitness</u></b> (components of health related fitness; health in terms of physical wellness; health related benefits of being physically active, skill vs. health related fitness)  <b>4 - 6 Lessons</b></p>		<p><b><u>Nutrition: Making Healthy Food Choices</u></b> (portion size; eating in moderation; making &amp; communicating food choices; influence of family, peers &amp; media on eating decisions)  <b>4 - 6 Lessons</b></p>		<p><b><u>Introduction to Body Composition</u></b> (basic body composition; essential &amp; non-essential fat; muscle, bone, organs, fat &amp; water; healthy body composition is a balance between exercise &amp; healthy food choices)  <b>4 - 6 Lessons</b></p>		<p><b><u>Physical Activity &amp; Body Connections: Heart Health</u></b> (benefits of sustained physical activity; heart rate, body temperature respiration changes during exercise; pulse; basic anatomy &amp; function of the cardiovascular system)  <b>4 - 6 Lessons</b></p>
<b>Emotional and Social Wellness</b>		<p><b><u>TEAM: Together Everyone Achieves More</u></b> (Teambuilding Activities)  <b>4 - 6 Lessons</b></p>		<p><b><u>Elements of Good Sportsmanship</u></b> ➔ <b>Intentionally Taught &amp; Embedded Within All Activities as Appropriate</b>          (attributes of good sportsmanship; identifying both positive &amp; negative examples; honoring the game; respecting teammates, being a good teammate, concepts of self-direction, self-control, cooperation, inclusion, respectful communication &amp; problem solving)</p>								
<b>Prevention and Risk Management</b>	<p><b><u>Getting Off to a Good Start</u></b> (Classroom Rules &amp; Procedures)  <b>1 - 2 Lessons</b></p>	<p><b><u>Movement Control for Safe Participation in Physical Activity</u></b> ➔ <b>Intentionally Taught &amp; Embedded Within All Activities as Appropriate</b>          (injury management through safe movement; rules for safe and fair play; skill techniques for proper use of equipment; identifying safety concerns in the gym, playground &amp; neighborhood)</p>										

ELA	Reading & Writing to Learn: (P.E.: main idea)	Compare & Contrast: (P.E.: similarities & differences between skills & strategies)	Details & Facts (P.E.: rules, boundaries & game information)
Math	Addition & Subtraction (P.E.: counting & scoring)	Measurement: (P.E.: heart rate monitors, pedometers, activity logs, estimating, fitness assessment, distance, time)	
Social Studies	Rights Roles & Responsibilities (P.E.: roles of participants in game situations, qualities of effective leadership, individual roles in decision making)		First Americans: Cultural Regions & Interactions (PE: game origins & influence)

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Science

Changes: Life Cycles (*P.E.: body's ability to adapt & respond to physical activity, cardiovascular system*)