



Grade 3 PE Unit 1 - Movement and Fitness Concepts

Unit Focus

Students will continue to develop their 8 basic locomotor movements that have been explored and practiced throughout their elementary years. Students will be expected to demonstrate proficiency in the skills/forms/spatial awareness for each of the 8 locomotor skills. Students will begin to learn about the health components of fitness which are assessed in grade 4 during the CT State Fitness Test. Students will begin to understand how and why these assessments are linked to their overall physical fitness. They will learn and practice each fitness test while also engaging in games and activities that support performance in these areas.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
Healthy and Balanced Living Curriculum Framework Physical Education K-5 - Demonstrates mature patterns in a variety of non-locomotor skills (curling, stretching, twisting, and bending) while maintaining stationary and dynamic balance during developmentally appropriate tasks, activities, creative movement, and dance. (E1.3.3) - Demonstrates the ability to recognize the concept of open spaces in a movement context. (S2.E1.3) - Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher. (S2.E3.3) - Demonstrates the ability to identify physical activity to become healthier (S3.E1.3b) - Demonstrates the ability to engage in physical education class activities without teacher prompting. (S3.E2.3) - Demonstrates the ability to recognize the use of the body as resistance (e.g., holds body in plank position, animal walks) for developing strength (S3.E3.2a) - Demonstrates the ability to identify physical activities that contribute to fitness. (S3.E3.2b) - Demonstrates the ability to describe the concept of fitness and provides examples of physical activity to enhance fitness (S3.E3.3) - Demonstrates the ability to accept specific corrective feedback from the teacher. (S4.E3.2) - Demonstrates the ability to accept and implement specific corrective feedback from the teacher. (S4.E3.3) - Demonstrates the ability to work independently and safely in physical activity settings (S4.E6.3) - Demonstrates the ability to discuss the relationship between physical activity and good health. (S5.E1.3)	<i>Students will be able to independently use their learning to...</i> T1 Demonstrate improved physical performance in skills and movement patterns.	
	Meaning	
	Understanding(s)	Essential Question(s)
	<i>Students will understand that...</i> U1 There are a variety of locomotor/non-locomotor movement patterns used for traveling and body manipulation. U2 it is good practice to accept feedback and use it to improve your skills. U3 practicing a skill is necessary to learn and improve. U4 physical activity is important for overall well-being.	<i>Students will keep considering...</i> Q1 What cues am I using to practice my locomotor movements? Q2 What have I learned from this activity and what would I change to improve for next time? Q3 How can I improve my overall health and well-being?
	Acquisition of Knowledge and Skill	
	Knowledge	Skill(s)
	<i>Students will know...</i> K1 Space Awareness: evaluating where there is open space and moving toward there K2 Spatial Relationships: position oneself in relation to someone or something else	<i>Students will be skilled at...</i> S1 sharing space with others in a safe and responsible way. S2 traveling at different speeds, levels and pathways on command.

Stage 1: Desired Results - Key Understandings

- Demonstrates the ability to discuss the challenge that comes with learning a new physical activity (S5.E2.3)

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- Self-Awareness: Examining current performance critically to identify steps/strategies to persist. (POG.4.1)

K3 Locomotor movements: with increased proficiency walk, run, jump, skip, hop, leap, gallop, slide while traveling

K4 Movement concepts: speed, levels, and pathways while traveling

K5 Feedback on spatial awareness and locomotor skills

K6 fitness tests assess your health-related components of fitness.

K7 the health related components of fitness (flexibility, cardiorespiratory endurance, muscular endurance and muscular strength) are indicators of overall health.

K8 by assessing the HRCF, you can determine areas in need of improvement that you can work on to improve your overall health.

K9 proper form is important for personal safety when performing a physical activity and also to ensure that you are able to demonstrate your best performance.

S3 listening respectfully to corrective feedback from the teacher and implement the feedback to improve my performance.

S4 understanding how the health related components are measured and why they are important.

S5 using proper form during physical activity in order to prevent injury and also to perform at maximum efficiency.