
Coal City Unit District #1
Third Grade
Physical Education Curriculum

PE.3:1 Students will demonstrate competency in a variety of motor skills and movement patterns. (IL 19A, 19C)

- PE.3:1-1 Execute proper form while jogging, running, sprinting, skipping forward and vertical hopping, forward and vertical jumping and landing, galloping, leaping, bending, twisting, swaying and balancing.
- PE.3:1-2 Demonstrate the difference between running and sprinting.
- PE.3:1-3 Demonstrate control when combining two or more basic locomotor skills in a sequence. (e.g., running to skipping, hopping to jogging)
- PE.3:1-4 Demonstrate the ability to perform a non-locomotor or locomotor movement, stop on cue and maintain balance and control of the body.
- PE.3:1-5 Create a routine by performing 3 sequential locomotor movements individually or with others.

PE.3:2 Students will demonstrate the motor skills and movement patterns needed to perform a variety of physical activities. (IL 19B)

- PE.3:2-1 Demonstrate how to move fast or slow during an activity.
- PE.3:2-2 Demonstrate how to move high or low during an activity.
- PE.3:2-3 Demonstrate understanding of 3 different pathways from written or oral directions.
- PE.3:2-4 Demonstrate understanding of how to jump over an object using correct form.
- PE.3:2-5 Demonstrate understanding of an object's ability to move faster or further with force.
- PE.3:2-6 Identify or demonstrate the correct form needed to move an object a certain distance.

**PE.3:3 Students will demonstrate competency in a variety of manipulative skills.
(IL 19A, 19C)**

- PE.3:3-1 Explore and practice correct body position and form while executing the manipulative skills of tossing, throwing, striking, juggling, catching, kicking, dribbling, passing, volleying and jumping rope.
- PE.3:3-2 Demonstrate correct body position before and during striking an object with a hand.
- PE.3:3-3 Demonstrate correct arm motion during performance of striking with a hand.
- PE.3:3-4 Demonstrate that an object moves up or forward upon force of striking with a hand.
- PE.3:3-5 Focused eyes on objects while juggling.
- PE.3:3-6 Moves hands in an “X” pattern while juggling.
- PE.3:3-7 Demonstrate correct body position before and during the tossing of an object.
- PE.3:3-8 Demonstrate correct arm motion while performing the tossing of an object.
- PE.3:3-9 Object remains flat and parallel to the ground in order for it to move forward when performing ring toss or frisbee throwing.

PE.3:4 Students apply the principles and components of health-related fitness and the effect of exercise on the human body. (IL 20A, 20B, 20C)

- PE.3:4-1 Properly wears an arm-band based fitness monitor and fitness watch and reads fitness data from their heart rate monitor without assistance.
- PE.3:4-2 List the 5 different types of exercise as strength, cardio (aerobic), flexibility, balance, and endurance.
- PE.3:4-3 Demonstrate grade level ability and performance levels during various exercises at various intensity levels.
- PE.3:4-4 Identify personal fitness strengths and weaknesses using data from a heart rate monitor and pre-fitness testing.
- PE.3:4-5 Set fitness goals and monitor progress with teacher guidance based on fitness data from their heart rate monitor and pre-fitness testing.
- PE.3:4-6 Match 4 fitness assessments to corresponding fitness components.
- PE.3:4-7 Identify cardio exercise to mean heart and lung exercises.
- PE.3:4-8 Identify two or more cardio exercises.
- PE.3:4-9 Differentiate between cardio exercise and strength exercise.
- PE.3:4-10 Differentiate between muscle strength and muscle endurance.
- PE.3:4-11 Point out correct or incorrect elements of push-ups, curl-ups and squats.
- PE.3:4-12 Demonstrate grade level ability on curl ups, push-ups, pacer and sit and reach fitness tests.

PE.3:5 Students will exhibit safe, respectful, responsible and cooperative personal and social behavior. (IL 19C, 20A, 21A, 21B)

- PE.3:5-1 Participate fully without prompt in all games, tasks, skills and activities.
- PE.3:5-2 Demonstrate the ability to work independently and work cooperatively with a partner or small group.
- PE.3:5-3 Perform tasks safely and cooperatively in class activities.
- PE.3:5-4 Explore the tactics, strategies and concepts needed to work together as a team to be successful in a problem-solving task.
- PE.3:5-5 Demonstrate self-management skills while using equipment.
- PE.3:5-6 Follow directions and rules.
- PE.3:5-7 Accept feedback from adults and peers.