

Wallenpaupack Area School District Planned Course Curriculum Guide

Physical Education

Physical Education Grade 3

Course Description:

The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. It is the intention of this course to provide students with the necessary knowledge and skills that will enable them to achieve and maintain a physically active and healthful life, as well as to favorably impact their lives and the lives of those around them. By becoming and remaining physically, mentally, socially and emotionally healthy, students will increase their chances of achieving their highest academic potential.

Revision Date:

Wallenpaupack Area School District Curriculum	
COURSE: Physical Education	GRADE/S: 3
UNIT 1: Wellness and Fitness	TIME FRAME: Year-round

PA COMMON CORE/NATIONAL STANDARDS:

10.4.3 A, B, C, D, E, F
 10.5.3 A, B, C, D

UNIT OBJECTIVES (SWBATS):

- Students will be able to identify and engage in physical activities that promote physical fitness and health.
- Students will know the positive and negative effects of regular participation in moderate to vigorous physical activities.
- Students will be able to know and recognize changes in body responses during moderate to vigorous activity.
- Students will identify likes and dislikes related to physical activities which improve motor skills.
- Students will be able to recognize positive and negative interactions of small group activities.
- Students will be able to recognize and use basic movement skills and concepts.
- Students will recognize and describe the concepts of motor skills development using appropriate vocabulary.
- Students will be able to know the function of practice.
- Students will be able to identify and use principles of exercise to improve movement and fitness activities.

INSTRUCTIONAL STRATEGIES/ACTIVITIES:

Flexibility

- Teacher/Student led stretches
- Discussions of why stretching properly is appropriate for the activity
- Warm-ups/Cool-down
- Yoga

Cardiovascular Endurance

- Marathon Kids Program
- Jogging/Walking
- Discussions of pacing: how and why.
- Discussions of heart rate and breathing rate.
- Exercises that increase heart rate (jumping jacks, jump rope, mountain climbers, etc.)
- Games that increase heart rate

Muscular Strength

- Wall ladders (pull-ups, chin ups, arm hang)
- Body weight exercises (push-up, plank, sit-ups, yoga poses, squats, lunges, etc.)

F.I.T.T. Principle

- Discussions about frequency, intensity, time, and type of exercise.

ANCHOR VOCABULARY:

ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):

- Teacher Observation
- Formative assessments pre/post
- Student participation
- Class discussion
- Fitness Testing

EVIDENCE OF MASTERY/Cut Score (Keystone Exam):

Students will be able to perform exercises and activities with proper form.

DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)

Modify exercises so all students can participate

- Moving at a slower pace
- Give options for exercises that work the same muscle groups
- Various levels of challenge
- Modify rules of a game or activity
- Adjust and/or modify equipment used for activity

RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.):

Marathon Kids
American Heart Association
Various PE Websites

RESOURCE SPECIFIC VOCABULARY: