

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 3	GRADE/S: 3
UNIT 3: Movement Exploration	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 be able to 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 be able to identify likes and dislikes related to participation in physical activity.
- Students will be able to identify reasons why regular participation in physical activities improves 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 be able to 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:

Discuss, demonstrate, and perform any of the activities below.
Discuss critical elements of skills (cues).
Perform locomotor movements in a variety of activities.
Participate in cooperative games and activities.

Locomotor Movements

- Walk
- Run/jog
- Hop
- Jump
- Skip
- Gallop
- Leap
- Slide
- Dodge

Non-locomotor movements

- Bend/stretch
- Push/pull
- Swing/sway
- Twist-turn

Ready Position

- Movement ready position
- Static ready
- Planted

Relationships

- Over
- Under
- On
- Off
- Near
- Far
- In Front
- Behind
- Along
- Through
- Around
- Alongside

Balance Activities

- Basic rolls/stands
- Partner stunts
- Yoga poses

Dance and Rhythmic Movement

- Creative movement through music
- Video/teacher instructed dances
- Juggling scarves

Cooperation and Sportsmanship

- Partner activities
- Small group
- Teams
- Positive attitude

ANCHOR VOCABULARY:

ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):

- Teacher observation
- Skill checklist
- Student participation

- Class discussion
- Self/partner/group assessment regarding sportsmanship & cooperation

EVIDENCE OF MASTERY/Cut Score (Keystone Exam):**DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)**

Modify exercises so all students can participate

- Moving at a slower pace
- Give options for exercises/locomotor skills
- Different levels of challenge

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

Marathon Kids
American Heart Association
Various PE Websites

RESOURCE SPECIFIC VOCABULARY: