



Sedalla School District #200

Subject Area: Physical Education			Grade: Third Grade	
Unit	Pacing/ Calendar	Standards	Big Ideas/ "I Can" Statements	Essential Questions

Topic: Introductory Skills	Priority Standard Locomotor S1.E1.3- Demonstrates competency in a variety of motor skills and movement patterns.			
	Unit 1 10-12 Weeks	<u>National</u> S1.E1.3 S2.E1.3 S3.E1.3a S3.E1.3b S4.E1.3 S5.E1.3 <u>Show Me Standards:</u> H/PE 2 H/PE 4 2.2, 2.3 4.4, 4.6	• I can perform efficient movement in activities to prevent injuries • I can recognize the symptoms of breathing emergency (e.g., asthma, choking) and seek appropriate assistance • I can demonstrate individually and with a partner manipulative skills in a stationary position and while moving (e.g., throwing, catching, kicking, striking, volleying, and dribbling) • I can identify and apply concepts relating to force (e.g., hard, soft, heavy, light) • I can demonstrate a variety of sport specific lead-up games • I can demonstrate basic apparatus activities on a balance beam, climbing rope, cargo net, parallel bars, vault, and climbing wall • I can create personal rhythmic pattern with a manipulative (e.g., jump rope)	What can you do to prevent injuries and breathing emergencies? How can you demonstrate individual and partner manipulative skills in a station position? While moving? How can you apply different amounts of force to an object for different results? How can you demonstrate balance and strength activities using apparatus?



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Topic: Intermediate Skills	Priority Standard Non-Locomotor- S1.E7.3- Demonstrates competency in a variety of motor skills and movement patterns.			
	Unit 2 8-10 Weeks	<u>National:</u> S1.E8.3 S1.E10.3 S1.E11.3 S1.E12.3 <u>Show Me Standards:</u> H/PE 2 H/PE 4 2.2,2.3 4.4, 4.6	• I can show on the body a few of the major bones (e.g., patella, ribs, phalanges, femur) • I can recognize the major muscles of the muscular system (e.g., deltoid, triceps, abdominal, quadriceps) • I can demonstrate critical elements for manipulative skills (e.g., step forward opposite foot, arm position, step and follow through)	What bones in your body are important? What are a few of the major muscles of the muscular system? What are critical elements for manipulative skills?



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Topic: Advanced Skills	Priority Standard Manipulative S1.E14.3- Demonstrates competency in a variety of motor skills and movement patterns.			
	Unit 3 16-19 Weeks	<u>National:</u> S1.E13.3 S1.E14.3 S1.E16.3 S1.E17.3 S1.E18.3 S1.E19.3 <u>Show Me Standards:</u> H/PE 2 H/PE 4 2.2,2.3 4.4, 4.6	- I can demonstrate combination of tumbling skills - I can identify body parts and functions in relationship to movement (e.g., long jump – arms swing forward when legs extend) - I can apply fundamental and specialized skills in lead-up games - I can demonstrate proper techniques for a variety of fundamental skills while practicing with a partner (e.g., realize there was too much force when a ball was overthrown) - I can demonstrate basic apparatus activities (e.g., balance beam – a forward movement; climbing rope – from a supine position students ascend to a stand and descend to a sit; cargo net – ascending and descending climb to grade level height; parallel/even and uneven bars – under bar activities; horizontal bar – front support; spring board – jump and land) - I can identify the cause and effect of an active vs. inactive lifestyle on the cardiorespiratory system (e.g., healthy vs. unhealthy heart and lungs)	What tumbling skills can you demonstrate in combination? What body parts can you identify and what are their functions in relationship to movement? What can you do to adjust your throwing technique to be more accurate? What activity can you demonstrate using an apparatus? What are the cause and effect of active and inactive lifestyles?