

3rd Grade Health and P.E. Scope and Sequence

Week	Unit	Student Objectives	Priority Standards Assessed	21st Century Skills	Formative Assessment	Summative Assessment
1	Procedures	I can recognize the priority rules and expectations of P.E. class.	PA1C2a	- Collaborate with others. - View failure as an opportunity to learn; understand that creativity and innovation is a long-term, cyclical process of small successes and frequent mistakes. - Assume shared responsibility for collaborative work, and value the individual contributions made by each team member.	Assessment by observation	Assessment by written quiz
2	Team Building Hula Hut Relays	I can dribble the soccer ball inside or outside of my foot.ec	MP1c2a		Assessment by observation	
3	Pacer	I can participate in physical fitness testing.	PA2A2a		Assessment by observation of proper running form	Assessment by observation of form and quantity
4	Push-up	I can participate in physical fitness testing.	MP1c2a		Assessment by observation of proper pushup form	Assessment by observation of form and quantity
5	Curl Up	I can participate in physical fitness testing.	MP1A2b		Assessment by observation	Assessment by observation of form and quantity
6	Fitness Makeup	I can participate in physical fitness testing.	PA2A2b		Assessment by observation	
7	Overhand Throw Intro	I can do the fundamental skills of throwing, catching, and kicking using agility movements.	MP2A2a		Assessment by observation of proper throwing technique to a partner 10 times.	
8	Throwing Boom City	I can do the fundamental skills of throwing, catching, and kicking using agility movements.	MP1E2c		Assessment by observation of proper throwing mechanics.	
9	Football Throw	I can do the fundamental skills of throwing and catching a football.	MP2B2a		Assessment by observation of proper throwing mechanics.	
10	Holiday Stations	I can use sport skills, teamwork, and cooperation.	PA2A2b		Assessment by observation of working together.	
11	Throw Assessment	I can throw at the appropriate skill level for my age.	HM1C2		Assessment by observation of proper throwing mechanics.	Assessment of observation of proper mechanics.

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12	Soccer Intro	I can dribble the soccer ball inside or outside of my foot.	HM1F2	- Collaborate with others. - View failure as an opportunity to learn; understand that creativity and innovation is a long-term, cyclical process of small successes and frequent mistakes. - Assume shared responsibility for collaborative work, and value the individual contributions made by each team member.	Assessment by observation of proper stance, and striking of a soccer ball.	
13	Soccer II	I can focus on teamwork and coordination to participate in parachute activities.	HM1F2		Assessment by observation of proper stance, and striking of a soccer ball.	
14	Holiday Game	I can run and dodge to participate in a tag game.	HM1F3		Assessment by observation	
15	Hula Hoop Intro	I can participate in basic hula hoop skill practice.	PA2A2 & PA1F2 & PA1C2		Assessment by observation	
16	Hula Hoop II	I can perform basic hula hoop tricks at an age-appropriate skill level.	PA2A2 & PA1F2 & PA1C2		Assessment by observation	
17	Holiday Games	I can use sport skills, teamwork, and cooperation.	PA2A2 & PA1F2 & PA1C2			
18	Hula Hut Throwdown / Cooperative	I can use sport skills, teamwork, and cooperations.	PA2A2b			Assessment by observation
19	Jump Rope I	I can use body awareness and correct skills to complete straight rope patterns.	HM1C2		Assessment by observation of ability to turn and jump a rope.	
20	Jump Rope II	I can do different jumping and turning jump rope techniques.	HM1F2		Assessment by observation of ability to turn and jump a rope.	
21	Parachute	I can safely and cooperatively work with classmates throughout parachute activities.	HM1F2		Assessment by observation	
22	Health and Fitness Games	I can use body awareness and correct skills to complete straight rope patterns.	HM1F3	- Collaborate with others	Assessment by observation	

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23	Paddling / Striking I	I can carry, dribble, and stick handle while playing hockey.	PA2A2 & PA1F2 & PA1C2	- Collaborate with others. - View failure as an opportunity to learn; understand that creativity and innovation is a long-term, cyclical process of small successes and frequent mistakes.	Assessment by observation	
24	Paddling / Striking II	I can use hockey skills to compete in a game.	PA2A2 & PA1F2 & PA1C2		Assessment by observation	
25	Basketball I	I can learn how to handle and shoot a basketball.	PA2A2 & PA1F2 & PA1C2		Assessment by observation of proper stance, dribbling and passing mechanics.	
26	Basketball II	I can learn how to handle and shoot a basketball.	PA2A2 & PA1F2 & PA1C3	- Assume shared responsibility for collaborative work, and value the individual contributions made by each team member.	Assessment by observation of proper stance, dribbling and passing mechanics.	
27	Basketball III	I can learn how to handle and shoot a basketball.	PA2A2 & PA1F2 & PA1C4		Assessment by observation of proper stance, dribbling and passing mechanics.	
28	Pacer / Locomotors	I can participate in physical fitness testing.	MP1c2a		Assessment by observation	Assessment by observation of form and quantity
29	Curl Ups	I can participate in physical fitness testing.	PA2A2a		Assessment by observation	Assessment by observation of form and quantity
30	Push-Ups	I can participate in physical fitness testing.	MP1c2a	- Collaborate with others.	Assessment by observation	Assessment by observation of form and quantity
31	Fitness Makeup	I can participate in physical fitness testing.	MP1A2b	- View failure as an opportunity to learn; understand that creativity and innovation is a long-term, cyclical process of small successes and frequent mistakes.	Assessment by observation	
32	Bonus Games	I can complete juggling sequencing.	PA2A2b		Assessment by observation	
33	Review for Field Day	I can review skills to participate in field.	MP2A2a		Assessment by observation	
34	Review for Field Day	I can review skills to participate in field.	MP1E2c	- Assume shared responsibility for collaborative work, and	Assessment by observation	
35	Field Day	I can participate in field day.	MP2B2a		Assessment by observation	

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36	Content Review Game / Stations	I can play a game with skills learned throughout the year.	MP2B2a	value the individual contributions made by each team member.	Assessment by observation	