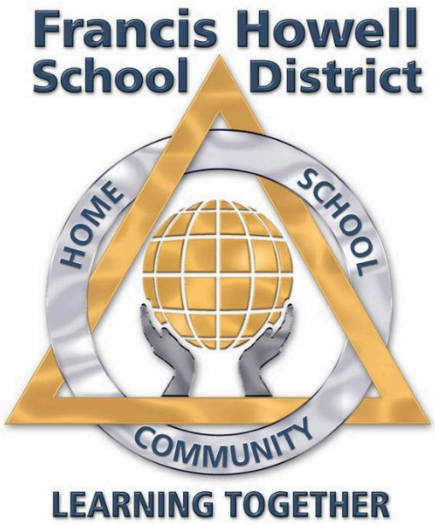
3rd Grade Physical Education & Health Curriculum



Board Approved

Elementary Physical Education & Health

3rd Grade

Unit Number, Title and Description	Essential Outcome(s) of Unit Students will be able to independently use their learning to....
Unit 1: Bold Beginnings In bold beginnings students will begin to identify an emergency and create an emergency plan. Students will demonstrate sport specifics skills during lead-up games and continue to work on cooperative, social, and team work skills. Students will begin to identify health-related components and recognize how their body reacts to physical activity.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 2: Body Basics In the unit Body Basics, students will learn that body systems have jobs while participating in low organized games. Students will begin to recognize uncomfortable feelings and emotions and how to use coping strategies. Students will also continue to develop their problem solving skills.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 3: Fundamental Fun In Fundamental Fun the students will participate in a variety of sport specific lead up games while demonstrating proper techniques of fundamental skills. The students will recognize the role of medication in treating illnesses.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 4: I Like to Move it Move it In I like to Move it Move it students will participate in activities that will allow	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities.

them to move in a variety of rhymes using fundamental and manipulative skills. Students will participate in activities that will concentrate on balancing, tumbling and apparatus skills.	• Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 5: Nutrition and Fitness In the Nutrition and Fitness unit students will continue to understand the importance of making lifelong healthy choices for their bodies. Students will play games to learn about nutrients and proper hygiene. Students will be introduced to the health-related fitness components and explore the muscular system.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 6: Protect Yourself & Environment In the Protect Yourself & Environment unit students will continue to learn about their five senses and how to protect their bodies from the environment. Students will learn to recognize emergencies and how to seek help.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.