

Course Title:	Physical Education and Health
Grade(s):	3rd

Course Description
The 3rd Grade Health and Physical Education course is designed to transition students from fundamental movement skills to more complex applications in various physical activities. The curriculum emphasizes the development of physical literacy by integrating motor skills, movement concepts, and personal-social responsibility. Students will explore health-related concepts such as optimal wellness, cardiovascular health, and disease prevention while developing the ability to work cooperatively with others. The course aims to provide students with the knowledge and skills necessary to lead a healthy, active lifestyle both inside and outside of school.
Approved Curricular Materials/Textbook(s)
Healthy and Balanced Living Curriculum Framework: Health Education and Physical Education Connecticut State Department of Education — 2021 (Updated May 2022)

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: PE Rules, Expectations	This unit establishes the foundational environment for safe and respectful physical activity. Students learn to navigate the gymnasium and playground safely while adhering to established protocols. Unit Objectives: • Demonstrate the ability to recognize and exhibit established protocols for class activities. • Apply safety principles when using equipment and sharing space with others. • Demonstrate responsible personal and social behavior that respects self and others.	2-3 Weeks

Unit 2: Recess Games (Kickball, 4Square, Gaga Ball)	Students participate in popular recess games to refine their fundamental motor skills and apply simple strategies in a social, competitive environment. Unit Objectives: • Demonstrate application of simple strategies and tactics in chasing, fleeing, and game-specific activities. • Show the ability to work cooperatively and praise others for their success in movement performance. • Apply movement concepts such as direction, force, and time to game situations.	2-3 Weeks
Unit 3: Hockey	This unit focuses on striking objects with a long-handled implement, emphasizing control, accuracy, and safe equipment handling. Unit Objectives: • Demonstrate the application of concepts of direction and force to strike an object with a long-handled implement. • Exhibit adherence to rules and etiquette specifically designed for stick-based activities. • Move effectively in general space to receive or intercept a moving object.	2-3 Weeks
Unit 4: Bowling	Students develop accuracy and consistency through target-based activities, focusing on the mechanics of an underhand roll. Unit Objectives: • Apply the concepts of direction and force when sending an object toward a designated target. • Demonstrate a mature pattern for an underhand roll in a target game environment. • Analyze movement situations to adjust force and direction for better accuracy.	2-3 Weeks
Unit 5: Veterans Day Obstacle Course	This unit uses a thematic obstacle course to challenge students' locomotor skills and celebrate community values. Unit Objectives:	1 Week

	• Combine movement concepts like levels and pathways while navigating various obstacles. • Demonstrate traveling in general space with different speeds and directions. • Recognize the value of physical activity for challenge and social interaction.	
Unit 6: Optimal Wellness and Disease Prevention	Students explore the core concepts of health promotion, focusing on how personal choices and behaviors can prevent disease. Unit Objectives: • Comprehend concepts related to health promotion and disease prevention to enhance health. • Identify healthy practices and behaviors to improve the health of oneself and others. • Demonstrate the ability to access valid health information and products.	2-3 Weeks
Unit 7: 9 Square in the Air	This unit introduces vertical striking and volleying in a high-speed, social game format. Unit Objectives: • Demonstrate the ability to strike an object upward using body parts with controlled force. • Accept and involve others with varying skill abilities into group activities. • Apply simple tactics to remain in a "square" or move to a higher position.	2-3 Weeks
Unit 8: Ping Pong	Students focus on hand-eye coordination and fine motor control while using short-handled implements in a net/wall game setting. Unit Objectives: • Apply concepts of direction and force when striking an object with a short-handled implement. • Demonstrate the ability to work independently with a partner in a net game environment. • Critique the etiquette involved in rules of table-based game activities.	2-3 Weeks

Unit 9: Dance	This unit explores rhythmic movement and self-expression through various dance forms and patterns. Unit Objectives: • Demonstrate movement concepts such as varying application of force during dance activities. • Identify how self-expression and physical activity are related through creative movement. • Combine locomotor patterns with rhythmic beats as directed by the teacher.	2-3 Weeks
Unit 10: Basketball	Students learn the fundamentals of basketball, including dribbling, passing, and basic offensive positioning. Unit Objectives: • Demonstrate the ability to dribble while moving through general space. • Apply basic offensive strategies in small-sided practice tasks. • Demonstrate the ability to praise the performance of others with varying skill levels.	2-3 Weeks
Unit 11: Jump Roping	This unit combines skill development with health knowledge, focusing on how jumping rope benefits heart health. Unit Objectives: • Describe how being physically active leads to a healthy body and a strong heart. • Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity. • Combine rhythmic jumping with movement concepts like time and force.	1-2 Weeks
Unit 12: Kids Heart Challenge/Obstacle Course	A high-intensity course designed to challenge students' endurance and reinforce the benefits of cardiovascular exercise. Unit Objectives: • Apply movement concepts of speed, endurance, and pacing while navigating the course.	2-3 Weeks w/ Obstacle Course and Health Imbedded

	• Participate in moderate to vigorous physical activity for an extended period. • Analyze personal effort and heart rate changes during vigorous activity.	
Unit 13: Baseball	Students practice striking a stationary or moving ball and learn the primary fielding and base-running rules of baseball/softball. Unit Objectives: • Demonstrate the application of concepts of direction and force to strike an object with a long-handled implement. • Exhibit etiquette and adherence to rules in a field-based game. • Apply simple defensive strategies to prevent opponents from advancing bases.	2-3 Weeks
Unit 14: Volleyball	This unit focuses on the fundamentals of volleying and passing using body parts, emphasizing teamwork and communication. Unit Objectives: • Demonstrate application of basic strategies in net and wall small-sided practice tasks. • Demonstrate the ability to work cooperatively with others to keep a ball in the air. • Recognize the type of volley or striking action needed for different game situations.	2-3 Weeks
Unit 15: CT State Fitnessgram Testing	Students participate in standardized assessments to measure their current levels of physical fitness and set personal goals in the following physical fitness areas: 15 Meter PACER, Back Saver Sit and Reach, Curl Up, and Push Up tests. Unit Objectives: • Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of fitness. • Recognize the importance of personal effort in reaching fitness goals. • Identify the components of health-related fitness through personal testing results.	3 Weeks

Unit 16: Soccer	Focuses on foot-eye coordination, dribbling, and passing in an invasion game format. Unit Objectives: • Demonstrate application of the types of kicks needed for different game and sport situations. • Apply basic offensive and defensive strategies in soccer-style practice tasks. • Demonstrate traveling through general space while maintaining control of a ball with the feet.	2-3 Weeks
Unit 17: Outdoor Games (Spikeball, Wiffleball, Cornhole, etc.)	In this culminating unit, students apply a wide range of striking, throwing, and catching skills to various lifetime recreational games. Unit Objectives: • Identify why self-selected outdoor physical activities create enjoyment and lifelong health. • Apply the recognition of the type of throw or striking action needed for different game situations. • Demonstrate the importance of social interaction by encouraging others and playing in the spirit of the game.	1 Week