Grade Level: 3 | **Course Title: Physical Education** | **Topic/Concept: Locomotor Skills**

Time Allotment: 2 classes | **Unit Sequence: 1**

Major Concepts to be learned:

1. Review of basic locomotor movements.

Expected Skills to be demonstrated:

1. Walk, run, hop, slide, gallop, skip, leap and jump

PA Standards/Anchors:

SHAPE America National Standards
1.5.1, 2.5.1, 3.5.4, 4.5.7

Eligible Content:

- Various games and activities will be used to practice the locomotor movements.

Instructional Strategies:

- Games
- Demonstration
- Small groups
- Performance tasks

Assessments:

- Teacher observation

Grade Level: 3 | **Course Title: Physical Education** | **Topic/Concept: Soccer**

Time Allotment: 4 classes | **Unit Sequence: 2**

Major Concepts to be learned:

1. Basic rules of soccer
2. Basic skills needed to play a modified soccer game
3. Teamwork and good sportsmanship

Expected Skills to be demonstrated:

1. Dribbling, passing, shooting and trapping
2. Basic offense and defense
3. Basic rules of soccer

PA Standards/Anchors:

SHAPE America National Standards
1.5.18, 1.5.20, 1.5.21, 2.5.1, 2.5.2, 2.5.3, 2.5.11, 3.5.1, 3.5.2, 3.5.3, 3.5.4, 4.5.1, 4.5.2, 4.5.4, 4.5.5, 4.5.7, 4.5.8

Eligible Content:

- Various drills and lead up games will be performed/played in order to practice dribbling, passing, shooting, trapping, offense/defense and rules of the game.

Instructional Strategies:

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Assessments:

- Teacher observation
- Quiz

Grade Level: 3

Course Title: Physical Education

Topic/Concept: Presidential Physical Fitness Testing

Time Allotment: 4 classes

Unit Sequence: 3

Major Concepts to be learned:

1. The importance of fitness testing
2. Proper technique for each test and which component of fitness it measures

Expected Skills to be demonstrated:

1. Demonstrate positive encouragement and good sportsmanship
2. Identify their strengths and weaknesses
3. Proper technique for the mile, shuttle run, sit and reach, pull ups and sit ups

PA Standards/Anchors:

SHAPE America National Standards
2.5.7, 2.5.8, 2.4.9, 2.5.11, 2.5.12, 2.5.13, 4.5.3, 4.5.6, 4.5.7, 4.5.8

Eligible Content:

- Perform and complete all 5 events/tests that measure muscular strength/endurance, cardiorespiratory endurance, speed, agility and flexibility.

Instructional Strategies:

- Fitness testing
- Demonstration

Assessments:

- Teacher observation
- President's Challenge Physical Fitness Test

Grade Level: 3 | **Course Title: Physical Education** | **Topic/Concept: Ball Handling**

Time Allotment: 2 classes | **Unit Sequence: 4**

Major Concepts to be learned:

1. Ball handling skills necessary for participating in a variety of games or activities

Expected Skills to be demonstrated:

1. Throwing
2. Catching
3. Dribbling

PA Standards/Anchors:

SHAPE America National Standards
1.5.9, 1.5.10, 1.5.12, 1.5.17, 1.5.19, 1.5.21, 2.5.2, 2.5.3, 2.5.4, 2.5.5, 3.5.1, 3.5.2, 3.5.4, 3.5.5, 4.5.1, 4.5.2, 4.5.4, 4.5.5, 4.5.7, 4.5.8

Eligible Content:

- The skills of throwing, catching, and dribbling will be practiced in a variety of activities including drills, games and stations.

Instructional Strategies:

- Cooperative groups
- Demonstration
- Performance tasks
- Hands on activity
- Lead up games

Assessments:

- Teacher observation

Grade Level: 3 | **Course Title: Physical Education** | **Topic/Concept: Tennis**

Time Allotment: 4 classes | **Unit Sequence: 5**

Major Concepts to be learned:

1. Basic rules of tennis
2. Basic skills needed to play a modified game
3. Teamwork and good sportsmanship

Expected Skills to be demonstrated:

1. Forehand
2. Backhand
3. Serve
4. Volley

PA Standards/Anchors:

SHAPE America National Standards
1.5.11, 1.5.15, 1.5.17, 1.5.21, 2.5.1, 2.5.13, 2.5.15, 3.5.2, 3.5.3, 3.5.4, 4.5.1, 4.5.2, 4.5.4, 4.5.7, 4.5.8

Eligible Content:

- Various drills and lead up games will be performed/played in order to practice forehand, backhand, serve and volley.

Instructional Strategies:

- Cooperative groups
- Demonstration
- Performance task
- Hands on activity
- Lead up games

Assessments:

- Teacher observation

Grade Level: 3 | **Course Title: Physical Education** | **Topic/Concept: Scooters**

Time Allotment: 4 classes | **Unit Sequence: 6**

Major Concepts to be learned:

1. Scooter safety
2. Basic skills needed to play various games on scooters
3. Teamwork and good sportsmanship

Expected Skills to be demonstrated:

1. Knowledge of scooter safety rules
2. Ability to move forward, backward and side to side on scooter using feet
3. Ability to move in various directions using hands
4. Knowledge and skills necessary to play scooter basketball, hockey, scoops and bowling

PA Standards/Anchors:

SHAPE America National Standards
1.5.10, 1.5.12, 2.5.1, 2.5.2, 2.5.3, 2.5.5, 3.5.2, 3.5.3, 3.5.4

Eligible Content:

- Students will play various games while on scooters (such as basketball, scoops and bowling).

Instructional Strategies:

- Demonstration
- Performance task
- Hands on activity
- Lead up games

Assessments:

- Teacher observation

Grade Level: 3 | **Course Title: Physical Education** | **Topic/Concept: Aerobic Dance**

Time Allotment: 2 classes | **Unit Sequence: 7**

Major Concepts to be learned:

1. Knowledge and skills to appropriately participate in a variety of aerobic dance activities.
2. Realize the lifelong benefits of aerobic dance

Expected Skills to be demonstrated:

1. Basic yoga movements
2. Simple line dancing routines (electric slide, macarena, chicken dance, cha cha slide)
3. Basic aerobic dance steps and routines

PA Standards/Anchors:

SHAPE America National Standards
2.5.6, 2.5.8, 2.5.9, 2.5.11, 2.5.12, 2.5.13, 3.5.7, 4.5.1, 4.5.2, 4.5.3, 4.5.4, 4.5.8

Eligible Content:

- Various types of aerobic dance activities will be introduced such as yoga, step aerobics, aerobic dance, line dancing, etc.

Instructional Strategies:

- Small groups
- Demonstration
- DVDs
- Performance task

Assessments:

- Teacher observation

Grade Level: 3 | **Course Title: Physical Education** | **Topic/Concept: Bowling**

Time Allotment: 2 classes | **Unit Sequence: 8**

Major Concepts to be learned:

1. Understand the basic equipment and set up of the game
2. Learn basic rules of a bowling game
3. Good sportsmanship, etiquette and safety

Expected Skills to be demonstrated:

1. 3 finger grip
2. 4 step approach
3. Tally points for 1 frame of bowling

PA Standards/Anchors:

SHAPE America National Standards
1.5.2, 1.5.9, 1.5.21, 4.5.1, 4.5.2, 4.5.4, 4.5.8

Eligible Content:

- Students will participate in small group games to practice the 4-step approach and score tallying.

Instructional Strategies:

- Cooperative games
- Hands on activity
- Demonstration
- Performance task

Assessments:

- Teacher observation

Grade Level: 3 | **Course Title: Physical Education** | **Topic/Concept: Playground Games**

Time Allotment: 4 classes | **Unit Sequence: 9**

Major Concepts to be learned:

1. Learn how to be a good teammate
2. Good sportsmanship
3. Basic rules of various games

Expected Skills to be demonstrated:

1. Knowledge of rules and skills necessary to play various playground games such as kickball, powball, frisbee golf or 4 square
2. Teamwork
3. Good sportsmanship

PA Standards/Anchors:

SHAPE America National Standards
1.5.1, 1.5.9, 1.5.10, 1.5.11, 1.5.12, 1.5.17, 1.5.181.5.21, 2.5.2, 2.5.3, 2.5.4, 2.5.5, 3.5.2, 3.5.3, 3.5.4, 4.5.1, 4.5.2, 4.5.4, 4.5.8

Eligible Content:

- Students will play various playground games such as Kickball, powball, Frisbee golf and 4 square that develop basic skills as well as teamwork and sportsmanship.

Instructional Strategies:

- Games
- Cooperative groups
- Demonstration

Assessments:

- Teacher observation

Grade Level: 3 **Course Title: Physical Education** **Topic/Concept: Jump rope/Hula hoop**

Time Allotment: 2 classes **Unit Sequence: 10**

Major Concepts to be learned:

1. Personal Space
2. Jump rope and hula hoop skills
3. Realize fitness benefits of jump rope and hula hoop activities

Expected Skills to be demonstrated:

1. Turning the rope (short and long)
2. Short rope and long rope jumping
3. Hula hooping on various body parts (legs, waist, arm, neck)

PA Standards/Anchors:

SHAPE America National Standards
1.5.1, 1.5.3, 1.5.6, 2.5.8, 4.5.4, 4.5.8

Eligible Content:

- Students will perform various tasks with the hula hoop and jump rope in order to improve their skills and improve fitness.

Instructional Strategies:

- Cooperative groups
- Demonstration
- Performance tasks
- Hands on activity

Assessments:

- Teacher observation