DRISCOLL ISD PHYSICAL EDUCATION

3rd Grade PE Syllabus

2026–2027 School Year

Driscoll Dragons Physical Education
Grade: 3rd Grade
Course: Physical Education (PE)

Course Purpose

Third Grade Physical Education helps students transition from fundamental movement development toward applying skills during games, fitness activities, and cooperative challenges.

Students will develop physical skills while strengthening responsibility, teamwork, sportsmanship, and healthy habits.

PE Schedule

Assigned PE Schedule: ☐ MWF (Monday • Wednesday • Friday)
☐ TTHF (Tuesday • Thursday • Friday)

Students should come prepared for physical activity on their assigned PE days. **Athletic or tennis shoes are strongly recommended.**

Skills & Activities

Instruction may include:

- Locomotor and movement combinations
- Throwing, catching, and passing
- Kicking and receiving
- Hand and foot dribbling
- Striking
- Balance and coordination
- Agility and endurance
- Fitness activities
- Individual and partner challenges
- Small-group games
- Introductory team concepts

9-Weeks Overview of Instruction

1st 9 Weeks – Fitness & Movement Development

- PE procedures and safety
- Locomotor and movement combinations
- Agility, balance, and coordination
- Cardiovascular fitness
- Cooperative challenges
- Fitness concepts
- Teamwork and sportsmanship

2nd 9 Weeks – Sport Skill Foundations

- Throwing, catching, and passing
- Kicking and receiving
- Hand and foot dribbling
- Striking fundamentals
- Target activities
- Skill stations
- Rules and fair play

3rd 9 Weeks – Games & Skill Application

- Applying skills during modified games
- Introductory offensive and defensive concepts
- Passing and moving
- Ball control
- Small-sided games
- Fitness development
- Communication and teamwork

4th 9 Weeks – Lifetime Activity & Skill Review

- Team and individual activities
- Cooperative challenges
- Recreational games
- Fitness challenges
- Skill application
- Leadership and sportsmanship
- End-of-year fitness and skill review

Instruction may be adjusted based on student needs, facilities, equipment, weather, school events, and the PE rotation.

Dragon PE Expectations

Students should:

- Follow directions promptly.
- Participate actively.
- Demonstrate appropriate effort.
- Use equipment safely.
- Respect classmates and teachers.
- Demonstrate self-control.
- Cooperate with teammates.
- Practice good sportsmanship.

Participation & Assessment

Assessment may include participation, effort, skill development, fitness concepts, following directions, safety, cooperation, teamwork, sportsmanship, and individual improvement.

Students are encouraged to focus on **personal growth rather than comparing their abilities with others.**

Shoes, Clothing & Safety

Athletic or tennis shoes are strongly recommended. Clothing should allow safe and comfortable movement.

Students are responsible for following boundaries, using equipment properly, maintaining personal space, and reporting unsafe conditions or injuries.

Our Driscoll Dragon Promise

Be Safe • Be Respectful • Be Responsible • Work Hard • Encourage Others • Show Sportsmanship

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Parent/Guardian Acknowledgment

We have reviewed the **Driscoll ISD 3rd Grade Physical Education Syllabus** and understand the expectations for participation in PE.

Student Name: _____

PE Schedule: ☐ MWF ☐ TTHF

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

DRISCOLL DRAGONS

Respect • Responsibility • Effort • Teamwork • Sportsmanship