

Mount Pleasant Central School District
Grade 3, Physical Education



We believe physical education and health is based upon the acquisition of knowledge and skills that are the foundation for a student’s physical, mental and social well being.

How can we stay active and healthy? In this class, students will explore a variety of sports and physical activities that promote fitness and well-being. We will focus on developing teamwork, communication, and sportsmanship while having fun. Our main goal is to understand the importance of exercise for our physical and mental health. Students will participate in games, practice skills, and learn about different aspects of fitness, such as strength, endurance, and flexibility. They will also have opportunities to demonstrate their knowledge through individual and group activities. Assessment will occur through a combination of participation, skill demonstrations, and reflections.

Unit Title	Month	Content	Vocabulary	Standards	Skills	Big Ideas	Assessments
Cooperative Games	September	Teamwork, Sportsmanship	Respect, Sharing, Communication, Strategy	NYS 4	Running, Rolling	How to work with others, while implementing team strategies	Checklist
Throwing and Catching	September	Accuracy, Aiming	Completion, Target, Power	NYS 1	Overhand Throw, Underhand Throw, Catching	Hand placement for catching when the ball is above or below your waist	Performance Based
Fitness Stations	October	Fitness stations for cardio and muscular development	Flexibility, Muscle Strength and Endurance	NYS 1	Stretching, Pushups, Jump Rope, Situps,	Importance to develop a healthy and physically fit lifestyle	Performance Based
Volleyball	October	Striking, Ball Control	Front Row, Back Row, Platform	NYS 1	Bump, Set, Serve, Rotation	Teamwork while staying in their spots on the court	Rubric
Soccer	November	Passing, Ball Control	Instep, Accuracy, Power	NYS 1	Dribbling, Passing, Shooting, Goalkeeping	Understanding positional	Observational game play/ Checklist

Educating Each Student Today for Endless Possibilities Tomorrow

Mount Pleasant Central School District
Grade 3, Physical Education



We believe physical education and health is based upon the acquisition of knowledge and skills that are the foundation for a student’s physical, mental and social well being.

How can we stay active and healthy? In this class, students will explore a variety of sports and physical activities that promote fitness and well-being. We will focus on developing teamwork, communication, and sportsmanship while having fun. Our main goal is to understand the importance of exercise for our physical and mental health. Students will participate in games, practice skills, and learn about different aspects of fitness, such as strength, endurance, and flexibility. They will also have opportunities to demonstrate their knowledge through individual and group activities. Assessment will occur through a combination of participation, skill demonstrations, and reflections.

Unit Title	Month	Content	Vocabulary	Standards	Skills	Big Ideas	Assessments
						responsibility. Forward, defense, goalies	
Handball	November	Spacing, Catching & Throwing	Power, Movement, Intercept	NYS 1	Throwing, Catching, Goaltending	Understanding the success of quick controlled passing vs. slow long passes	Peer Assessment
Boardwalk Games	December	Balancing, Tossing, Shooting	Fun and Chance	NYS 4	Spinning, Teamwork	Understanding how hand eye coordination and these small skills correlate to success in team sports.	Observational
Basketball	January	Court Awareness and Small Sided Games	Violations, Crossover, “Plater, Guide, Bend and Shoot”	NYS 1	Dribbling, Shooting, Defense	Basketball mechanics and techniques when participating in game play	Rubric

Mount Pleasant Central School District

Grade 3, Physical Education



We believe physical education and health is based upon the acquisition of knowledge and skills that are the foundation for a student's physical, mental and social well being.

How can we stay active and healthy? In this class, students will explore a variety of sports and physical activities that promote fitness and well-being. We will focus on developing teamwork, communication, and sportsmanship while having fun. Our main goal is to understand the importance of exercise for our physical and mental health. Students will participate in games, practice skills, and learn about different aspects of fitness, such as strength, endurance, and flexibility. They will also have opportunities to demonstrate their knowledge through individual and group activities. Assessment will occur through a combination of participation, skill demonstrations, and reflections.

Unit Title	Month	Content	Vocabulary	Standards	Skills	Big Ideas	Assessments
Tennis	February	- Striking, Game Play	- Forehand, Backhand, Volley	NYS 2	Striking, Drop Serve	Game play and strategy in a small court tennis match	Performance Based
Badminton	February	- Racket Grip,, Game Play	- Rally, Drop Shot, Smash	NYS 2	Grip, Overhand, Underhand, Spike	Serve differentiation in game play	Performance Based
Pickleball	February	- Hand eye coordination and movement	- Rally Score, Forehand, Backhand, Spike	NYS 2	Serve, Striking	Court Awareness during game play	Performance Based
Hockey	February	- Stick Control, Stick Safety	- High Stick, Clearing	NYS 1	Dribbling, Passing, Shooting, Defending	Incorporate the skills taught, such as dribbling, passing, shooting and defending during game play.	Rubric
Lacrosse	March	- Stick & Ball Control, Goaltending	Cradle, Clearing, Scooping	NYS 1	Ground Ball, Passing, Shooting, Defending	Safe game play	Checklist

Educating Each Student Today for Endless Possibilities Tomorrow

Mount Pleasant Central School District

Grade 3, Physical Education



We believe physical education and health is based upon the acquisition of knowledge and skills that are the foundation for a student’s physical, mental and social well being.

How can we stay active and healthy? In this class, students will explore a variety of sports and physical activities that promote fitness and well-being. We will focus on developing teamwork, communication, and sportsmanship while having fun. Our main goal is to understand the importance of exercise for our physical and mental health. Students will participate in games, practice skills, and learn about different aspects of fitness, such as strength, endurance, and flexibility. They will also have opportunities to demonstrate their knowledge through individual and group activities. Assessment will occur through a combination of participation, skill demonstrations, and reflections.

Unit Title	Month	Content	Vocabulary	Standards	Skills	Big Ideas	Assessments
Track and Field	March	-Running, Spriting, Hurdling	Hurdle, Baton, Javelin, Cooperation vs Individual event	NYS 1	Throwing, Running, Hurdling	Differentiating all of the different individual or team track & field events.	Self Assessment
Revisited Sports Unit	April						
Golf	May	Safety, Swing Control	Par, Birdie, Pin, “Hole in one”	NYS 1	Putting, Chipping, Hitting	Swing control and ball contact	Peer Assessment
Gymnastics	May	Balancing, Tumbling	Strength, Flexibility, Body Control, Pike, Straddle, Tuck	NYS 1	Tumbling, Body Holds, Spring Boards, Rings	Body control, safety and responsibility	Performance Based
Obstacle Course	June	Balancing, Speed	Challenge, Risk, Strategy	NYS 1	Strength, Speed, Agilities	Navigating the obstacle course through the course with speed and	Observation

Mount Pleasant Central School District
Grade 3, Physical Education



We believe physical education and health is based upon the acquisition of knowledge and skills that are the foundation for a student’s physical, mental and social well being.

How can we stay active and healthy? In this class, students will explore a variety of sports and physical activities that promote fitness and well-being. We will focus on developing teamwork, communication, and sportsmanship while having fun. Our main goal is to understand the importance of exercise for our physical and mental health. Students will participate in games, practice skills, and learn about different aspects of fitness, such as strength, endurance, and flexibility. They will also have opportunities to demonstrate their knowledge through individual and group activities. Assessment will occur through a combination of participation, skill demonstrations, and reflections.

Unit Title	Month	Content	Vocabulary	Standards	Skills	Big Ideas	Assessments
						strategy	
Throwing and Striking Games	June	Cooperation, Base running Games	Fair, Double, Triple, Homerun	NYS 1	Throwing, Running, Kicking, Teamwork	Cooperation, Teamwork and strategy	Performance Based
Jump Rope	June	Cardiovascular, Coordination	Turning Speed, Triple Jump Rope	NYS 4	Jumping, Coordination	Working with self and others in a fun fitness activity	Performance Based