

Third Grade P.E Curriculum

Curriculum Heading	District Curriculum Statement	Aligned State Standards	Teacher Resources	Performance Indicators
Physical Competency	Demonstrate control when performing fundamental locomotor, non-locomotor and manipulative skills.	19.A.1	Teacher Directed Activities	<ol style="list-style-type: none"> 1. Apply safe moving practices with some teacher prompts. 2. Demonstrate a proper form while executing all locomotor and non-locomotor movements. 3. Use correct form executing selected manipulative skills. Demonstrate control in general and self space.
Movement Awareness	Understand spatial awareness and objects and people.	19.B.1	Bosu's, Swiss Balls, Cones, Poly Spots, Numbered Sleeves For Cones, Balls, Scooters	<ol style="list-style-type: none"> 1. Move accurately in various directions(behind, ahead of, next to, near to, over, under, on, through, beside). 2. Participate successfully in obstacle course activities. 3. Participate successfully in dodging/fleeing activities without running into others or objects. 4. Participate, with teacher prompts, in physical activities without interfering with others or objects. 5. Identify simple cues involved in weight transfer and balance movements. 6. Demonstrate the manipulation of objects to change direction and/or distance.
Rules and Safety	Demonstrate safe movement in physical activities.	19.C.1	Teacher Explanation of Rules & Safety	<ol style="list-style-type: none"> 1. Follow class rules, procedures, and safety practices. 2. Demonstrate understanding of personal and group safety. 3. Participate safely in group physical activity. 4. Identify necessary precautions to avoid injury. 5. Define offense and defense in activities, games, or sports.

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Effect of exercise on the body	Identify characteristics of health-related fitness (e.g., flexibility, muscular strength).	20.A.1a	Teacher Directed Activities	<ol style="list-style-type: none"> 1. Match a variety of physical activities to their fitness component. 2. Identify what activities will improve health-related fitness. 3. Discuss the benefits of physical activity. 4. Discuss changes that take place in the body before, during, and after physical activity. 5. Differentiate between risks and benefits of health-related fitness activities. 6. Discuss the importance of warm-up and cool down.
Personal Fitness	Engage in sustained physical activity that causes increased heart rate, muscle strength and range of movement.	20.A.1b	Teacher Directed Activities	<ol style="list-style-type: none"> 1. Participate in health-related fitness activities
Personal Fitness	Describe immediate effects of physical activity on body (e.g., faster heartbeat, increased pulse rate, increased breathing rate).	20.B.1	Teacher Directed Activities	<ol style="list-style-type: none"> 1. Monitor the physiological changes occurring during moderate physical activity. 2. Explain the immediate effects of exercise on the body. 3. Explain effects of physical activity on the body when changing the level of intensity
Personal Fitness	Identify a realistic health-related goal.	20.C.1	Class Discussion	<ol style="list-style-type: none"> 1. Identify positive and negative behavioral choices and their impact on wellness levels.
Safety/Rules and Procedures	Follow directions and class procedures while participating in physical activities.	21.A.1a	Teacher Directed Activities Regarding Rules and Safety Practices	<ol style="list-style-type: none"> 1. List the class procedures followed for participating in physical activity. 2. Identify the safety procedures followed when participating in physical activity in class. 3. Follow rules and directions when participating in group physical activity.

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Safety/Rules and Procedures	Use Identified procedures and safe practices with little or no reinforcement during group physical activities.	21.A.1b	Conflict Management	<ol style="list-style-type: none"> 1. Complete a task in a given amount of time when participating in a group physical activity. 2. Identify individual behaviors that need to be changed in order to work successfully in a group. 3. Give examples of ways to settle disagreements.
Safety/Rules and Procedures	Work independently on tasks for short periods of time	21.A.1c	Individual Roles Within Group Activities	<ol style="list-style-type: none"> 1. Participate safely in group physical activity. 2. Perform individual roles when participating in group physical activity.
Safety/Rules and Procedures	Work cooperatively with another to accomplish an assigned task.	21.B.1	Cooperative Learning	<ol style="list-style-type: none"> 1. Identify safety procedures followed when participating in structured group physical activity. 2. Perform cooperatively with a partner when participating in a structured group physical activity. 3. Complete a task with a partner or group in a given amount of time during group physical activity. 4. Recognize the need for individual and shared goals during group physical activity.