

SGS Unit Timeline Matrix

Grade: Third Grade

Subject Area: Physical Education

Month	Standard(s)	Unit	Benchmark(s)	Examples of Skills (Activities):
Example ~ Math 2nd Grade	7A	Currency/Money	7.A.1.c	*Add/Subtract using currency *Make change from \$1.00
Aug./Sept.	19A, 21A, 21B	Daily Warm-Ups (used throughout the year)	19.A.1, 21.A.1.a, 21.A.1.b	Jogging, stretching sequence
	19A, B 21 A, B	Soccer/Low Level Novotney's Navy	19.A.1, 19.B.1, 21.A.1, 21.A.1.b, 21.A.1.c, 21.B.1	Soccer dribbling, passing, team concepts shooting off moving target/pass
October	19A,B, 20A, 20B, 20C, 21A	Flag Football (Low Level)	19.A.1, 19.B.1, 19.C.1.a	Kick, pass, catch football identify drop or place kick safety rules with equipment
	19A, 19B, 21A, 21B	Pre-Fitness Testing Relays/Lacrosse Novotney's Navy Nutrition/Health	20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1	Locomotor skills, reinforce skills from primary P.E., incorporate new skills; grapevine, "running form" drills, use of small equipment and parachute.
November	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24A	Relays/Small Equipment Bowling (Low Level) Nutrition/Health Novotney's Navy	19C.1.a, 19.A.1, 19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Continue progression of relay skills, actual batons used - reinforced later in track unit. "Bowl" with nerf balls (close - 15 feet); learning "address" progression; progress to actual P.E. balls and increase distance from target (pins)
December	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24A	Basketball Parachutes Nutrition/Health Novotney's Navy	19.C.1.a, 19.A.1, 19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Passing, shooting team concepts Body balance, footwork/stations Parachutes used for strength and teamwork - following directions
January	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24B	Volleyball Lead-up and team play	19.A.1, 19.B.1, 19.C.1.a, 20.A.1.a, 20.A.1.b, 20.C.1,	Assess serve skills 1.) Correct foot work 2.) over net height Intro-review passing skills to partner Communications skills-call ball and move to play

		Novotney's Navy Nutrition/Health	21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Start "mileage" checks - preparation for spring mile
February	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24B	Pre-Hockey Pillow-Polo Scooter Hockey Stations-Thursdays Gettysburg Cone Game Seneca Dells Fitness Quest	19.A.1, 19.B.1, 19.C.1.a, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Proper stick handling/safety issues Passing, dribbling, shooting at targets "animal hunt" Team Concepts Celebrate and recognize Lincoln's contribution to our history. Build the address by searching and piecing speech together. Logging mileage as a class
March	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24B	ISAT RELAYS Ropes/PE Challenge Pre-Experience Stations Folk Dance/Rhythms Seneca Dells Fitness Quest Nutrition/Health	19.A.1, 19.B.1, 19.C.1.a, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Using worksheets from Study Island, create game of solving and reinforcing w/hockey or other sport skills as reward. Introduce skills for 4-5 grade Challenge Station skills Introduce and review dance concepts, etiquette Continue "mileage checks" - pick destination
April	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 23B, 24A	Circuits Seneca Dells Fitness Quest Track & Field (Low Level Intro) Tennis (eye/hand) Elipse ball	19.A.1, 19.B.1, 19.C.1.a, 20.A.1.a, 20.B.1.b, 21.A.1.b, 21.A.1.c, 21.B.1, 23.B.1, 24.A.1.a	Pre-post test circuit skills Prepare situps, push-ups, v-sit and reach, and mile run for fitness testing Continue "mileage checks" plan "trip" Soccer, relays etc to continue fitness levels rather than always straight running
May/June	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 23B, 24A	Finish Track and Field Seneca Dells Fitness Quest Softball/Kick ball	19.A.1, 19.B.1, 19.C.1.a, 20.A.1.a, 20.B.1.b, 21.A.1.c, 21.B.1, 23.B.1, 24.A.1.a	Mile run and fitness testing Softball rules used; closer to real softball-some lead up throwing/catching skills Take "trip" reinforce the benefits of consistent exercise. Logging mileage