

Third Grade Physical Education

Updated November 2017

Course Description:

This course emphasizes how students react and respond to others and perform well-defined combinations of movements. Students will learn to develop patterns and combinations of movements using loco motor and non-loco motor skills. Students will learn to follow safety rules and learn to appropriately interact socially in an active setting.

BIG Ideas:

- I will demonstrate various manipulative skills
- I will recognize body signals for injury and seek proper assistance

Essential Learner Objectives:

ELO #1: *The Student will demonstrate movement skills and demonstrate body awareness*

- Demonstrate critical elements for manipulative skills (step forward opposite foot, arm position, step and follow through) (HM1C3)
- Demonstrate a combination of movement concepts while performing various skills (skipping while dribbling a ball in a curved pathway in general space) (HM1E3)
- Apply fundamental and specialized skills in lead-up games (HM1F3)
- Demonstrate proper techniques for a variety of fundamental skills while practicing with a partner (realize there was too much force when a ball was overthrown) (HM2A3)

ELO #2: *The student will demonstrate responsible personal and social behavior in physical activity settings*

- Follow rules, procedures and instructions with little reinforcement (PA2A3)
- Stop on command (PA2A3)
- Use equipment properly & safely
- Demonstrate respect for all students regardless of individual differences in skills and abilities (PA2A3)
- Identify appropriate cooperative, social, and teamwork skills while participating in game situations (HM1F3)

ELO #3: *The student will understand that physical activity provide the opportunity for enjoyment, challenge, self-expression & social interaction*

- Demonstrate ability to share (PA2A3)
- Demonstrate ability to cooperate (PA2A3)
- Explain 3 ways to stay fit (PA1A3)

ELO #4: *The students will be able to comprehend basic content terminology, principles and knowledge of how to continue to exhibit a physically active lifestyle*

- Recognize the components of health-related fitness (cardio respiratory endurance, muscular strength and endurance, flexibility and body composition) (PA1A3)
- Identify health related fitness components (PA1A3)
- Describe how the body responds to moderately vigorous physical activities (heart has to beat faster to meet blood supply demands) (PA1C3)
- Show on the body a few of the major bones (patella, ribs, phalanges, femur) (PA1D3)
- Recognize appropriate warm-up, cool-down and flexibility activities and the importance of each to injury prevention (PA3A3)
- Recognize body signals that indicate injury and seek assistance (PA3B3)