Teacher: CORE P.E. Grade 3 Year: 2010-11

Course: P.E. Grade 3 Month: All Months

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Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	Spatial awareness	Spatial					PE.E.01-
	chasing/fleeing/dodging	awareness					PERSONAL
	jumping/landing	through					HEALTH AN
	skipping/galloping	locomotive					FITNESS:
	hopping/leaping	movement.					STUDENTS
	balancing	Large group					WILL HAVE
		teacher					THE
		directed					NECESSARY
		seven loco-					KNOWLEDG
		motor skills.					AND SKILLS
		Movement					TO ESTABLI
		education					AND
		activities for					MAINTAIN
		static					PHYSICAL
		balancing.					FITNESS,
		For example					PARTICIPAT
		balancing on					IN PHYSICAL
		one,two,three					ACTIVITY,
		body parts.					AND
							MAINTAIN
							PERSONAL
							HEALTH.
							PE.E.01.PI.A.
							PHYSICAL
							EDUCATION
							demonstrate
							mastery of
							fundamental
							motor, non-
							locomotor, and
							manipulative
							skills, and
							understand
							fundamental
							principles of
							movement
							PE.E.01.PI.A

				PHYSICAL EDUCATION ~ understand the effects of activity on the body, the risks associated with inactivity, and the basic components of health-related fitness (cardiovascular, muscle strength, muscle endurance, flexibility, and body
				 composition)
1				

PERSONAL PERFORMANCE*

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	Throwing:	Execute					PE.E.02.PI.A.05
	-Underhand	point-step-					PHYSICAL
	-Overhand	throw					EDUCATION ~
		procedure					demonstrate
		(point to					care,
		target; step		1			consideration,
		with same		1			and respect of
		foot as		1			self and others
		pointing		1			during physical
		hand; throw		1			activity.
		with					PE.E.01.PI.A.01
		opposite					PHYSICAL
		hand)					EDUCATION ~
		Throw					participate in
		underhand					physical
		at least 2					activities
		feet at a		1			(games, sports,
		target for		1			exercises) that

	Throw Overhand at east 5 feet at a target For accuracy		provide conditioning freach fitness at PE.E.01.PI.A. PHYSICAL EDUCATION develop physifitness skills through regular practice, effor and perseverance
-Hand/Eye Coordination -1 and 2- Handed	Focus on object being tossed to student while reaching out to catch object Catch 2-handed when object is tossed from at least 4 feet away Catch 1-handed when object is tossed from at least 4 feet away Uggle up to 2 objects using criss-cross pattern		
Kicking: K	across midline lick bjects		

Foot -Accuracy -Distance	using 4 parts of foot -Inside -Outside -Toe -Top (punt) Kick objects aimed at target for accuracy Kick objects at least 30 feet			
Striking:	Strike objects using striking			
	Dribbiling- Basketball			

-M	oving - emphasis on fingertip control -develop		
	hand/ eye coordination		
	Dribbling- Soccer -emphasis on foot control -develop foot/eye coordination		
Ro	lling: Rolling- alls Execute point, step, bend, roll Roll ball for		
	distance and maximum contact with floor Roll ball at		
	target for accuracy		