

Teacher: CORE P.E. Grade 3
 Course: P.E. Grade 3

Year: 2010-11
 Month: All Months

S e p t e m b e r	BASIC MOVEMENTS							
	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
		Spatial awareness chasing/fleeing/dodging jumping/landing skipping/galloping hopping/leaping balancing	Spatial awareness through locomotive movement. Large group teacher directed seven loco-motor skills. Movement education activities for static balancing. For example balancing on one,two,three body parts.					PE.E.01- PERSONAL HEALTH AND FITNESS: STUDENTS WILL HAVE THE NECESSARY KNOWLEDGE AND SKILLS TO ESTABLISH AND MAINTAIN PHYSICAL FITNESS, PARTICIPATE IN PHYSICAL ACTIVITY, AND MAINTAIN PERSONAL HEALTH. PE.E.01.PI.A.03 PHYSICAL EDUCATION ~ demonstrate mastery of fundamental motor, non-locomotor, and manipulative skills, and understand fundamental principles of movement PE.E.01.PI.A.04

		accuracy Throw overhand at least 5 feet at a target for accuracy					provide conditioning for each fitness area PE.E.01.PI.A.02 PHYSICAL EDUCATION ~ develop physical fitness skills through regular practice, effort, and perseverance
	Catching: -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 Juggle up to 2 objects using criss-cross pattern across midline					
	Kicking: -Different	Kick objects					

	Parts of 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: --Stationary Objects --Hand/Eye Coordination --Moving Objects	Strike objects using striking forces (e.g., teeball bat, hand, hockey stick) Hit ball off tee emphasizing eye on ball and seeing ball and stick contact Toss ball with self by striking upward with 1 and 2 hands to keep ball in the air						
	Dribbling: -Stationary	Dribbling- Basketball						

