

Grade 3 Physical Education (#5015050) Scope & Sequence 2018-2019

External factors such as weather, space availability, etc. may impact actual dates of units.

Quarter 1	Quarter 2	Quarter 3	Quarter 4
<p><u>Introduction to Physical Education: Safety, Rules and Procedures, Conflict Resolution</u> (1 week)</p> <p>PE.3.C.2.2 - Understand the importance of safety rules and procedures in all physical activities. PE.3.R.5.2 - List ways to show respect for the views of a peer from a different cultural background. PE.3.R.5.3 - Identify ways to take responsibility for his/her own behavior. PE.3.R.6.3 - Identify ways to celebrate one's own physical accomplishments while displaying sportsmanship.</p> <p><u>Locomotor Skills/Skill Applications</u> (2 weeks)</p> <p>PE.3.C.2.1 - Identify the importance of purposeful</p>	<p><u>Cooperative Games (continued)</u> (2 weeks)</p> <p>PE.3.R.5.1 - List ways to work cooperatively with peers of differing skill levels.</p> <p><u>Team Games/ Offense and Defense</u> (2 weeks)</p> <p>PE.3.C.2.8 - Describe basic offensive and defensive tactics. PE.3.M.1.5 - Maintain control while dribbling with hands or feet against a defender.</p> <p><u>Nutrition</u> (1 weeks)</p> <p>PE.3.L.4.7 - Read food labels for specific nutrition facts.</p> <p><u>Health Related Physical Fitness: Muscular Strength, Endurance & Flexibility</u> (2 weeks)</p>	<p><u>Manipulatives: Kicking, Catching, Throwing, Dribbling</u> (4 weeks)</p> <p>PE.3.M.1.5 - Maintain control while dribbling with hands or feet against a defender. PE.3.M.1.7 - Move in different directions to catch objects of different sizes and weights thrown by a stationary partner. PE.3.M.1.8 - Throw balls of various sizes and weights to a stationary partner using a correct overhand motion.</p> <p><u>Striking with Body Parts</u> (3 weeks)</p> <p>PE.3.M.1.2 - Strike a stationary object from a stationary position using body parts so that the object travels in the intended direction at the desired height.</p>	<p><u>Lifetime Physical Activity & Behaviors: Technology, Warm up/Cool-down</u> (5 weeks)</p> <p>PE.3.C.2.7 - Identify the reasons for warm-up and cool-down activities. PE.3.L.3.1 - Identify a moderate physical activity. PE.3.L.3.2 - Identify a vigorous physical activity. PE.3.L.3.3 - Identify opportunities for involvement in physical activities during the school day. PE.3.L.3.4 - Identify opportunities for involvement in physical activities after the school day. PE.3.L.3.6 - Identify lifestyle changes that can be made to increase the level of physical activity. PE.3.R.6.1 - List personally challenging physical-activity experiences. PE.3.R.6.2 - Describe ways to appreciate the good physical</p>

<p>movement and its impact on quality of performance. PE.3.C.2.5 - Explain how appropriate practice improves performance of movement skills. PE.3.M.1.1 - Apply locomotor skills in a variety of movement settings.</p> <p style="text-align: center;"><u>Jumping & Landing</u> (2 weeks)</p> <p>PE.3.M.1.12 - Continuously jump a self-turned rope.</p> <p style="text-align: center;"><u>Fitness Assessment pre-test/ Goals</u> (3 weeks)</p> <p>PE.3.L.3.5 - Use an activity log to maintain a personal record of participation in physical activity during a period of time. PE.3.L.4.9 - Identify individual strengths and weaknesses based upon results of a formal fitness assessment. PE.3.L.4.10 - Identify ways that technology can assist in the pursuit of physical fitness.</p> <p style="text-align: center;"><u>Cooperative Games</u> (1 week)</p>	<p>PE.3.L.4.1 - Describe how muscular strength and endurance enhances performance in physical activities. PE.3.L.4.2 - Describe the relationship between the heart and lungs during physical activity. PE.3.L.4.3 - Identify appropriate physical activities that result in the development of cardiorespiratory endurance. PE.3.L.4.6 - Identify ways to safely stretch major muscle groups. PE.3.R.6.2 - Describe ways to appreciate the good physical performance of others.</p> <p style="text-align: center;"><u>Educational Dance/ Educational Gymnastics</u> (2 weeks)</p> <p>PE.3.C.2.6 - Analyze peer performance and provide feedback. PE.3.M.1.9 - Perform a teacher-designed sequence using manipulatives. PE.3.M.1.10 - Perform one dance accurately. PE.3.M.1.11 - Perform a self-designed gymnastics</p>	<p style="text-align: center;"><u>Striking with Implements</u> (4 weeks)</p> <p>PE.3.M.1.3 - Strike an object using a paddle/racquet demonstrating correct technique of a forehand pattern. PE.3.M.1.4 - Strike both moving and stationary objects using a long-handled implement.</p>	<p>performance of others.</p> <p style="text-align: center;"><u>Fitness Assessment Post-test</u> (3 weeks)</p> <p>PE.3.C.2.3 - Understand that technology can be utilized to gather information about performance. PE.3.L.4.4 - Match physical fitness assessment events to the associated fitness component. PE.3.L.4.5 - Identify formal and informal physical fitness assessments. PE.3.L.4.8 - Identify the principles of physical fitness.</p> <p style="text-align: center;"><u>Bicycle Safety</u> (1 week)</p> <p>(The length of this unit will be ~3 weeks if certified teacher is utilizing a bicycle trailer to implement the Florida Traffic & Bicycle Safety Education Program. The timeframe will also need to be adjusted to accommodate the availability of the trailer.)</p> <p>PE.3.L.3.7 - Differentiate between the correct and incorrect way to fit a bicycle helmet.</p>
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<p>PE.3.R.5.1 - List ways to work cooperatively with peers of differing skill levels.</p>	<p>sequence consisting of clear beginning and ending balances and two different movement elements with correct technique and smooth transitions.</p>		<p><u>Aquatics/Heat/Sun Safety</u> (1 week)</p> <p>PE.3.C.2.4 - Identify and explain different items that can be used for assisting in a water-related emergency. PE.3.M.1.6 - Demonstrate a combination of basic swim skills.</p> <p>End of Course Assessment (1 week)</p>
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ELL Standards, embedded throughout the course

ELD.K12.ELL.SI.1 English language learners communicate for social and instructional purposes within the school setting.

Mathematical Standards, embedded throughout the course

MAFS.3.MD.1.1 - Tell and write time to the nearest minute and measure time intervals in minutes. Solve word problems involving addition and subtraction of time intervals in minutes, e.g., by representing the problem on a number line diagram.

Language Arts Standards, embedded throughout the course

LAFS.K12.L.3.4 - Determine or clarify the meaning of unknown and multiple-meaning words and phrases by using context clues, analyzing meaningful word parts, and consulting general and specialized reference materials, as appropriate.

Health Standards, embedded throughout the course

HE.3.B.5.2 - List healthy options to health-related issues or problems.

HE.3.B.6.1 - Select a personal health goal and track progress toward achievement.

HE.3.C.2.1 - Explore how family and friend's traditions and customs may influence health behaviors.