

Department: Physical Education

Course Title: Elementary Physical

Education/Primary Health Course #: 3rd Grade

DESCRIPTION OF COURSE: *(From Course of Study Catalog)*

Principles and Strategies of Movement – motor skill development, exercises, and game strategy

Physical Activity – activities that promote health and fitness, body coordination, and responses of the body systems to activity

Safety and Injury Prevention – safe/unsafe practices during play strategies to avoid conflict, emergency responses, and sportsmanship/teamwork

Healthful Living – Making important choices regarding nutrition, personal health, and the environment

REQUIRED TOPICS OF STUDY	SUGGESTED INSTRUCTIONAL TIME	STANDARDS/ ASSESSMENT ANCHORS
<i>Soccer/Flag Football/Safety and Injury Prevention</i>	<i>September/October</i>	<i>10.3 A D; 10.4 A-F; 10.5 ABCEF</i>
<i>Physical Fitness Testing/Body Systems/Food Pyramid</i>	<i>October</i>	<i>10.1 BC; 10.4 ABCE; 10.5 ABCDE</i>
<i>Basketball/Ball Skills</i>	<i>November</i>	<i>10.3 AD; 10.4 ABDEF; 10.5 ABCF</i>
<i>Cooperative/Individual/Holiday Games/Decision-Making Process</i>	<i>December</i>	<i>10.2 D; 10.3 ACD; 10.4 ABEF; 10.5 ABE</i>
<i>Floor Hockey</i>	<i>January</i>	<i>10.3 AD; 10.4 A-F; 10.5 ABCEF</i>
<i>Jump Rope Skills and Routines/Single and Long Rope/"Jump Rope for Heart"</i>	<i>February</i>	<i>10.1 B; 10.3 AD; 10.4 A-F; 10.5 ABCE</i>
<i>Volleyball/Newcomb</i>	<i>March</i>	<i>10.3 AD; 10.4 ABDEF; 10.5 ABCE</i>
<i>Team Handball/Doctor Ball/Parachute Activities</i>	<i>April</i>	<i>10.3 AD; 10.4 ABDEF; 10.5 ACF</i>
<i>Physical Fitness Testing/Frisbee/Tennis Baseball/Tee-Ball</i>	<i>May</i>	<i>10.1 B; 10.3 AD; 10.4 ACDEF; 10.5 A-F</i>
<i>Capture The Flag/Kickball/Relays</i>	<i>June</i>	<i>10.3 AD; 10.4 BDF; 10.5 ABF</i>

(Tab to Create a New Row)

INSTRUCTIONAL RESOURCES:

- **Physical Education Equipment**
- www.pecentral.com
- **Presidential Physical Fitness Booklet**
- **American Heart Association (hand-outs, posters, booklets)**
- **Textbooks: “Ready to Use P.E. Activities”**
“Awesome Primary Action Units”
“Games to Keep Kids Moving”