



Diocese of Greensburg Curriculum
Physical Education Grade 3

| Unit | Standards | Content | Skills |
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| <p>Physical Fitness</p> | <p>PA: Health, Safety & Physical Education (2002) PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities</p> <p>C. Know and recognize changes in body responses during moderate to vigorous physical activity. • heart rate • breathing rate</p> <p>D. Identify likes and dislikes related to participation in physical activities.</p> <p>E. Identify reasons why regular participation in physical activities improves motor skills.</p> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>D. Identify and use principles of exercise to improve movement and fitness activities. • frequency/how often to exercise • intensity/how hard to exercise • time/how long to exercise • type/what kind of exercise</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p> | <ul style="list-style-type: none"> • Running • Jumping Jacks • Toe Touches • Push Ups • Sit Ups • Skipping/Galloping • Stretches • Mountain Climbers | <p>The students will be able to:</p> <ul style="list-style-type: none"> • Perform jumping jacks • Perform a locomotor motion for a desired distance • Perform a variety of stretches prior to the main activity • Perform push-ups and sit ups with the correct form • Understand that being physical fit is important |

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| <p>Cooperative Games</p> | <p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>C. Know and recognize changes in body responses during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • heart rate • breathing rate <p>F. Recognize positive and negative interactions of small group activities.</p> <ul style="list-style-type: none"> • roles (e.g., leader, follower) • cooperation/sharing • on task participation <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>B. Recognize and describe the concepts of motor skill development using appropriate vocabulary.</p> <ul style="list-style-type: none"> • form • developmental differences • critical elements • feedback <p>C. Know the function of practice.</p> | <ul style="list-style-type: none"> • Basketball (Winter) • Kickball (Fall) • Soccer (Fall) • Hockey (Winter) • Handball (Spring) • Baseball/Softball/T-Ball (Spring) • Capture the Flag (Spring) • Flag Football (Fall) • Volleyball (Winter) | <p>The students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate and perform the basic skills needed for each sport • Respectively communicate with team members • Respect their team members and opponents • Display qualities of good sportsmanship • Demonstrate and understanding of the rules of the game • Demonstrate an understanding of the different positions • Participate in playing an organized game |

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| | <p>E. Know and describe scientific principles that affect movement and skills using appropriate vocabulary.</p> <ul style="list-style-type: none"> • gravity • force production/absorption • balance • rotation <p>F. Recognize and describe game strategies using appropriate vocabulary.</p> <ul style="list-style-type: none"> • faking/dodging • passing/receiving • move MOVING to be open • defending space • following rules of play <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p> | | |
| <p>Games/Activities - Throwing and Catching Skills</p> | <p>PA: Health, Safety & Physical Education (2002) PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>F. Recognize positive and negative interactions of small group activities. • roles (e.g., leader, follower) • cooperation/sharing • on task participation</p> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts. • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over,</p> | <ul style="list-style-type: none"> • Baseball • Mechanics of throwing • Mechanics of catching • Football • Handball • Game strategies • Sportsmanship | <p>The students will be able to:</p> <ul style="list-style-type: none"> • Use the correct cues while throwing and catching • Identify how to catch by using proper cues, point, track, catch, and absorb • Demonstrate correct form when throwing, tossing, and catching a ball • Demonstrate combination of movement skills • Demonstrate eye/hand control • Participate in a game following the rules • Demonstrate sportsmanship |

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| | <p>under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force)</p> <p>B. Recognize and describe the concepts of motor skill development using appropriate vocabulary. • form • developmental differences • critical elements • feedback</p> <p>C. Know the function of practice.</p> <p>E. Know and describe scientific principles that affect movement and skills using appropriate vocabulary. • gravity • force production/absorption • balance • rotation</p> <p>F. Recognize and describe game strategies using appropriate vocabulary. • faking/dodging • passing/receiving • move MOVING to be open • defending space • following rules of play</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p> | | |
| <p>Games/Activities - Dribbling and Passing Skills</p> | <p>PA: Health, Safety & Physical Education (2002) PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>F. Recognize positive and negative interactions of small group activities. • roles (e.g., leader, follower) • cooperation/sharing • on task participation</p> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts. • locomotor movements (e.g., run, leap, hop) • non-locomotor</p> | <ul style="list-style-type: none"> • Basketball • Soccer • Hockey • Lacrosse • Sportsmanship • Rules of Game | <p>The students will be able to:</p> <ul style="list-style-type: none"> • Perform basic dribbling with dominate and non-dominate hand/foot • Recognize the importance of dribbling and passing in each sport • Understand the benefit of passing in team sports • Demonstrate the necessary skills to participate in organized games • Demonstrate a combination of movement skills • Participate in a game following the rules of the game |

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| | <p>movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force)</p> <p>B. Recognize and describe the concepts of motor skill development using appropriate vocabulary. • form • developmental differences • critical elements • feedback</p> <p>C. Know the function of practice.</p> <p>F. Recognize and describe game strategies using appropriate vocabulary. • faking/dodging • passing/receiving • move MOVING to be open • defending space • following rules of play</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p> | | <ul style="list-style-type: none"> • Demonstrate sportsmanship |
| <p>Games/Activities - Chasing, Fleeing, Dodging Skill</p> | <p>PA: Health, Safety & Physical Education (2002) PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities</p> <p>D. Identify likes and dislikes related to participation in physical activities.</p> <p>E. Identify reasons why regular participation in physical activities improves motor skills.</p> <p>F. Recognize positive and negative interactions of small group activities. • roles (e.g., leader, follower) • cooperation/sharing • on task participation</p> <p>10.5 Movement</p> | <ul style="list-style-type: none"> • Basic movement skills • Locomotor movements • Non-locomotor movements • Space awareness • Game strategies | <p>The students will be able to:</p> <ul style="list-style-type: none"> • Perform these movements to successfully play games requiring them • Start and stop on command and when necessary • Demonstrate basic movement skills • Demonstrate locomotor and non-locomotor skills • Participate in drills and games following the rules of the game |

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| | <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts. • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force)</p> <p>F. Recognize and describe game strategies using appropriate vocabulary. • faking/dodging • passing/receiving • move MOVING to be open • defending space • following rules of play</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p> | | |

