

Third Grade Physical Education Curriculum Essentials



Boulder Valley School District Physical Education Content Standards and Third Grade Essential Learnings

Physical Education Standard 1: *Students demonstrate skills and apply concepts to perform a variety of physical activities.*

To meet this standard, a third grade student:

- √ Demonstrates mature form jumping and landing in a rhythmic pattern.
- √ Demonstrates body awareness and balance in static and dynamic positions.
- √ Demonstrates mature form when catching, punting, striking, and dribbling.
- √ Applies movement concepts while performing locomotor, non-locomotor, and manipulative skills in static and dynamic movement situations.

Physical Education Standard 2: *Students demonstrate the components of health-related physical fitness.*

To meet this standard, a third grade student:

- √ Demonstrates a healthy level of cardiovascular endurance when participating in a variety of physical activities.

Physical Education Standard 3: *Students demonstrate knowledge of physical fitness concepts and the benefits of an active healthy lifestyle.*

To meet this standard, a third grade student:

- √ Identifies activities that correspond to the four fitness components.

Physical Education Standard 4: *Students demonstrate safe, responsible behavior in physical education settings.*

To meet this standard, a third grade student:

- √ Exhibits consideration for and cooperation with classmates and teachers.

BVSD resource available for standards-based lesson plans, assessments, rubrics & report cards:
<http://bvsd.org/curriculum/PE/Pages/curriculum.aspx>

BVSD Third Grade Physical Education Overview

Course Description

In third grade, students seek to improve their motor skills by applying movement concepts to skills. Students work on body management skills in game-like settings. Specific sports skills are also emphasized. The four components of physical fitness are introduced. Students participate in physical activities successfully in a group, regardless of personal differences.

Movement Skills

- Throw
- Balance
- Jump

Movement Concepts

- Space
- Time
- Force
- Body

Cardiovascular Activity

- Games
- Warmup
- Dance

Third Grade Physical Education

Chases, flees, dodges, balances

Catches, punts, strikes and hand dribbles a ball

Four Fitness Components

- Muscular strength
- Muscular endurance
- Cardiovascular fitness
- Flexibility

Rope Jumping

Effective Components of a Third Grade Physical Education Program

- Third grade students receive 90 minutes per week of physical education.
- All students attend physical education classes (BVSD Wellness Policy).
- Provides maximum participation for all students.
- Provides positive, specific feedback as well as corrective feedback.
- Facilitates children’s physical, cognitive and social development through lessons designed to sequentially develop skills appropriate to their ability and confidence levels.
- Communicates through a humane, sensitive approach that every child, regardless of ability, can succeed and will benefit from a physically active, healthy lifestyle.
- Promotes purposeful activities for all students that will encourage them to become lifelong adherents of physical activity.

Assessment

- √ Observation
- √ Participation
- √ Performance Tasks
- √ Rubrics
- √ Conferencing
- √ Portfolio
- √ Growth Over Time

Essential Questions

- Why is the development of motor skills essential during childhood?
- Why is it important to have strong muscles?
- What changes happen to my body when I am physically active?
- What does consideration and cooperation for classmates and teachers look like in physical education class?

Technology Integration & Information Literacy

- ① Shares knowledge and information with others.
- ① Draws conclusions.
- ① Pedometers are used to track physical activity.
- ① Uses home fitness technology such as Wii games and Dance, Dance, Revolution.
- ① Tracks physical activity on fitness websites such as “America on the Move” and “My Pyramid.”

Essential Learnings
Essential Knowledge, Skills, Topics, Processes, and Concepts

Physical Education Standard 1

Students demonstrate skills and apply concepts to perform a variety of physical activities.

Enduring Understanding

Physical activity involves using motor skills & knowledge of movement concepts.

Essential Question

How do motor skills and movement concepts relate to the activities or games played?

Essential Learnings

Essential Knowledge, Skills, Topics, Processes, and Concepts	3PE1	Demonstrates mature form jumping and landing in a rhythmic pattern.
		a Jumps a turning rope held by others.
	3PE2	Demonstrates body awareness and balance in static and dynamic positions
		a Chases, flees, and dodges in game-like settings
		b Balances, maintaining control, in static and dynamic positions
		c Transfers weight from feet to hands at fast and slow speeds using large extensions
	3PE3	Demonstrates mature form when catching, punting, striking, and dribbling.
		a Catches with proper technique a ball rebounding from a wall or thrown by a partner
		b Punts a ball using proper technique
		c Strikes a ball with hands or racquet using proper body alignment and technique
		d Hand dribbles a ball, maintaining control, while traveling within shared space

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Teaching for Understanding

Essential Learning:

Assessment:

Teaching for Understanding

	Acquire Knowledge	Make Meaning	Transfer
Essential Questions			
Learning Activities			
Materials			
Accommodations			

Essential Learnings
Essential Knowledge, Skills, Topics, Processes, and Concepts

Physical Education Standard 1 (continued)
Students demonstrate skills and apply concepts to perform a variety of physical activities.

Essential Learnings (continued)

Essential Knowledge, Skills, Topics, Processes, and Concepts	3PE4	Applies movement concepts while performing locomotor, non-locomotor, and manipulative skills in static and dynamic movement situations
		<p style="text-align: center;">a Identifies concepts related to space, time, force, and body</p>

Key Academic Vocabulary: land softly; push off the balls of the feet; chase, flee; dodge; eyes on spot; tight muscles; steady and strong; feel-the-stop; ready position; step and reach; step-drop-punt; follow-through; control the ball; concepts of space, time, force and body

Teaching for Understanding

Essential Learning:

Assessment:

Teaching for Understanding

	Acquire Knowledge	Make Meaning	Transfer
Essential Questions			
Learning Activities			
Materials			
Accommodations			

Essential Learnings

Essential Knowledge, Skills, Topics, Processes, and Concepts

Physical Education Standard 2

Students demonstrate the components of health-related physical fitness.

Enduring Understanding

It is important to be able to participate in cardiovascular activities for an extended amount of time.

Essential Question

How can you improve your cardiovascular endurance?

Essential Learnings

Essential Knowledge, Skills, Topics, Processes, and Concepts	3PE5	Demonstrates a healthy level of cardiovascular endurance when participating in a variety of physical activities
	a	Maintains continuous cardiovascular activity during warm-ups, games, and dance activities
	b	Demonstrates activities that develop muscular strength, muscular endurance, and flexibility
	c	Participates in a variety of activities that improve cardiovascular endurance, muscular strength, muscular endurance, and flexibility

Key Academic Vocabulary: keep moving, countdown, pace yourself, cardiovascular endurance

Teaching for Understanding

Essential Learning:

Assessment:

Teaching for Understanding

	Acquire Knowledge	Make Meaning	Transfer
Essential Questions			
Learning Activities			
Materials			
Accommodations			

Essential Learnings

Essential Knowledge, Skills, Topics, Processes, and Concepts

Physical Education Standard 3

Students demonstrate knowledge of physical fitness concepts and the benefits of an active healthy lifestyle.

Enduring Understanding

It is important to know how to improve the four components of physical fitness.

Essential Question

How do you improve the four fitness components of physical fitness?

Essential Learnings

Essential Knowledge, Skills, Topics, Processes, and Concepts	3PE6	Identifies activities that correspond to the four fitness components
		<p>a Identifies physical activity that develops muscular strength, muscular endurance, flexibility, and cardiovascular fitness components</p>

Key Academic Vocabulary: muscular strength, muscular endurance, flexibility, cardiovascular fitness

Teaching for Understanding

Essential Learning:

Assessment:

Teaching for Understanding

	Acquire Knowledge	Make Meaning	Transfer
Essential Questions			
Learning Activities			
Materials			
Accommodations			

Essential Learnings

Essential Knowledge, Skills, Topics, Processes, and Concepts

Physical Education Standard 4

Students demonstrate safe, responsible behavior in physical education settings.

Enduring Understanding

Participation in physical activities/sports can provide an opportunity for developing an understanding and respect for differences among people.

Essential Question

How can individual differences enhance and contribute to group productivity?

Essential Learnings

Essential Knowledge, Skills, Topics, Processes, and Concepts	3PE7	Exhibits consideration for and cooperation with classmates and teachers
		a Plays and cooperates with others regardless of personal differences
		b Treats others with respect during play
		c Resolves conflicts in socially acceptable ways
		d Displays consideration of others in physical activity settings to accomplish group goals
		e Works safely and productively during activity time

Key Academic Vocabulary: cooperation, respect, understanding, resolve conflicts, personal differences

Teaching for Understanding

Essential Learning:

Assessment:

Teaching for Understanding

	Acquire Knowledge	Make Meaning	Transfer
Essential Questions			
Learning Activities			
Materials			
Accommodations			

Suggested Timelines

Topic	Suggested Timeframe
Review skills and concepts covered in second grade	2 weeks: beginning of the school year
Jumps a turning rope held by others	2 weeks
Chases, flees, and dodges in game-like settings	2 weeks
Balances in static and dynamic positions	2 weeks
Transfers weight from feet to hands	2 weeks
Catches a ball rebounding from wall or thrown	2 weeks
Punts a ball	2 weeks
Strikes a ball with hands or racquet	2 weeks
Hand dribbles a ball in shared space	2 weeks
Identifies ways movement concepts can be used to refine movement skills	2 weeks introduction, developed throughout the year
Maintains continuous cardiovascular activities	1 week Introduction, developed throughout the year
Physical activities that improve cardiovascular endurance , muscular strength, muscular endurance and flexibility	1 week Introduction, developed throughout the year
Identifies physical activity that develops muscular strength, muscular endurance, flexibility, and cardiovascular components	1 week Introduction, developed throughout the year
Plays and cooperates with others regardless of personal differences	1 week Introduction, developed throughout the year
Treats others with respect during play	1 week Introduction, developed throughout the year
Resolves conflicts in socially acceptable ways	1 week Introduction, developed throughout the year
Displays consideration of others in physical activity settings to accomplish group goals	1 week Introduction, developed throughout the year
Works safely and productively	1 week Introduction, developed throughout the year
Review third grade topics as necessary and Introduce skills and concepts that will be assessed in fourth grade	4 weeks
Teacher's choice of standards-based activities	4 weeks
<p>√ <i>It takes approximately 10 hours of quality practice time to learn a single skill. However, time may vary depending on the ability level of the student and time spent practicing the skill outside of physical education class.</i></p>	

Physical Education Third Grade Glossary of Terms

Cardiovascular Endurance	The heart, lungs, and blood vessels work together as a team to allow one to stay active and exercise for a long period of time
Flexibility	Allows one to move his/her body through a full range of motion and easily move muscles and joints without pain
Muscular Endurance	The maximum number of repetitions one can push, pull, or carry
Muscular Strength	The maximum amount of weight one can lift, push, pull, or carry one time