

**Physical Education
Curriculum
Third Grade**

Taught	Unit	TEKS/SE and Alignment Objectives
1st Six Weeks	Safety Practices & Procedures	<p>Establish your environment for learning i.e. routine for entering and exiting the gym, class organization, appropriate behavior and consequences for inappropriate behavior, grading policy</p> <p>3.1A Travel in forward, sideways and backwards and change direction quickly and safely in dynamic situations.</p> <p>3.1 B Demonstrate proper form and smooth transitions during combinations of fundamental locomotor and body control skills such as running and jumping safely in dynamic situations.</p> <p>3.5 A Use equipment safely and properly</p> <p>3.5B Select and use proper attire that promotes participation and prevents injury.</p> <p>3.5D Identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and</p> <p>3.6A Identify components of games that can be modified to make the games and participants more successful</p>
	Social Skills	

3.6B Explain the importance of basic rules in games and

3.7A Follow rules, procedures and etiquette

3.7B Persevere when not successful on the first try in learning movement skills

3.7C Accept and respect differences and similarities in physical abilities of self and others.

1st Six Weeks
(cont.) Physical
Activity &
Health

3.3A Describe and select physical activities that provide for enjoyment and challenge.

3.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate and perspiration.

3.3E Identify opportunities for participation in physical activity in the community such as little league and parks and recreation.

2nd Six Weeks Safety
Practices and
Procedures

3.5A Use equipment safely and properly

3.5B Select and use proper attire that promotes participation and prevents injury

Social Skills	3.6A Identify components of games that can be modified to make the games and participants more successful
	3.6B Explain the importance of basic rules in games and activities
	3.7A Follow rules, procedures and etiquette
	3.7B Persevere when not successful on the first try in learning movement skills
	3.7C Accept and respect differences and similarities in physical abilities of self and others
Movement Skills & Concepts	3.1J Demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick such as position your side to the target.
	3.2B Know that practice, attention and effort are required to improve skills
Physical Activity & Health	3.3A Describe and select physical activities that provide for enjoyment and challenge

3.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate and perspiration

3.3E Identify opportunities for participation in physical activity in the community such as little league and parks and recreation

3.4A Describe the long term effects of physical activity on the heart

3rd & 4th Six Weeks

Safety Practices & Procedures

3.5A Use equipment safely and properly

3.5B Select and use proper attire that promotes participation and prevents injury

Social Skills

3.6A Identify components of games that can be modified to make the games and participants more successful.

3.6B Explain the importance of basic rules in games and activities

3rd & 4th Six Weeks (cont.)

3.7A Follow rules, procedures and etiquette

3.7B Persevere when not successful on the first try in learning movement skills

		3.7C Accept and respect differences and similarities in physical abilities of self and others
	Movement Skills and Concepts	3.1C Demonstrate mature form in jogging, running and leaping
		3.1J Demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick such as position your side to the target.
	Physical Activity & Health	3.4B Distinguish between aerobic and anaerobic activities
		3.4C Identify foods that increase or reduce bodily functions
		3.4D Identify principles of good posture and its impact on physical civilities
5th Six Weeks	Safety Practices & Procedures	3.5A Use equipment safely and properly
		3.5B Select and use proper attire that promotes participation and prevents injury

3.5D Identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cool-down activities

Social Skills

3.6A Identify components of games that can be modified to make the games and participants more successful

3.6B Explain the importance of basic rules in games and

3.7A Follow rules, procedures and etiquette

3.7B Persevere when not successful on the first try in learning movement skills

3.7C Accept and respect differences and similarities in physical abilities of self and others

5th Six Weeks
(cont.)

Movement
Skills and
Concepts

3.1D Demonstrate moving in and out of a balanced position with control

Movement
Skills and
Concepts

3.1F Demonstrate control and appropriate form such as curled position and protection of neck in rolling activities such as forward roll, shoulder roll and safety rolls

3.1G Transfer on and off equipment with good body control such as boxes, benches, stacked mats, horizontal bar and balance beam

		3.2A Identify similar positions in a variety of movements such as straddle positions, ready position and bending knees to absorb force
	Physical Activity and Health	3.2B Know that practice, attention and effort are required to improve skills
		3.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate and perspiration
		3.3C Participate in appropriate exercises for developing flexibility
		3.3D Lift and support his/her own weight in selected activities that develop muscular strength and endurance of the shoulders, abdomen, back and legs such as hanging, hopping and jumping
6th Six Weeks	Safety Practices & Procedures	3.5A Use equipment safely and properly
		3.5B Select and use proper attire that promotes participation and
	Social Skills	3.6A Identify components of games that can be modified to make the games and participants more successful
		3.6B Explain the importance of basic rules in games and

3.7A Follow rules, procedures and etiquette

3.7B Persevere when not successful on the first try in learning movement skills

3.7C Accept and respect differences and similarities in physical abilities of self and others

Movement
Skills and
Concepts

3.1H Clap echoes in a variety of one measure rhythmical patterns

3.1I Demonstrate various step patterns and combinations of movement in repeatable sequences.

Physical
Activity &
Health

3.2 B Know that practice, attention and effort are required to improve skills

3.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate and perspiration

3.4B Distinguish between aerobic and anaerobic activities