

# Wallenpaupack Area School District Planned Course Curriculum Guide

## Physical Education

### Physical Education Grade 3

**Course Description:**

The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. It is the intention of this course to provide students with the necessary knowledge and skills that will enable them to achieve and maintain a physically active and healthful life, as well as to favorably impact their lives and the lives of those around them. By becoming and remaining physically, mentally, socially and emotionally healthy, students will increase their chances of achieving their highest academic potential.

**Revision Date:**

Wallenpaupack Area School District Curriculum	
<b>COURSE: Physical Education 3</b>	<b>GRADE/S: 3</b>
<b>UNIT 2: Body and Spatial Awareness</b>	<b>TIME FRAME: Year-round</b>

<p><b>PA COMMON CORE/NATIONAL STANDARDS:</b></p> <p>10.4.3 A, B, E, F 10.5.3 A, B, C, E</p>
<p><b>UNIT OBJECTIVES (SWBATS):</b></p> <ul style="list-style-type: none"> <li>• Students will be able to identify and engage in physical activities that promote physical fitness and health.</li> <li>• Students will be able to know the positive and negative effects of regular participation in moderate to vigorous physical activities.</li> <li>• Students will be able to identify reasons why regular participation in physical activities improves motor skills.</li> <li>• Students will be able to recognize positive and negative interactions of small group activities.</li> <li>• Students will be able to recognize and use basic movement skills and concepts.</li> <li>• Students will be able to recognize and describe the concepts of motor skills development using appropriate vocabulary.</li> <li>• Students will be able to know the function of practice.</li> <li>• Students will be able to know and describe scientific principles that affect movement and skills using appropriate vocabulary.</li> </ul>
<p><b>INSTRUCTIONAL STRATEGIES/ACTIVITIES:</b></p> <p>Self-Space: demonstrate a knowledge and understanding of self-space</p> <ul style="list-style-type: none"> <li>• Finding self-space</li> <li>• Working towards the ability to stay in self space while participating in activities</li> <li>• Discuss importance of self-space and safety</li> <li>• Spatial awareness</li> </ul> <p>General Space: safe movement regarding location (self and others), direction, levels, pathways, speed</p> <ul style="list-style-type: none"> <li>• Perform locomotor movements in general space</li> <li>• Discuss and practice levels, pathways, and speed</li> <li>• Participate safely in a variety of games</li> </ul> <p>Body Awareness: relationship of body parts moving safely with others</p> <ul style="list-style-type: none"> <li>• Body control</li> <li>• Performing specific movements</li> </ul>
<p><b>ANCHOR VOCABULARY:</b></p>
<p><b>ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):</b></p> <ul style="list-style-type: none"> <li>• Teacher observation</li> </ul>

- Student participation
- Class discussion

**EVIDENCE OF MASTERY/Cut Score (Keystone Exam):**

**DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)**

Modify exercises so all students can participate

- Moving at a slower pace
- Give options for exercises/locomotor skills
- Different levels of challenge
- Modify rules and equipment

**RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.):**

Marathon Kids  
American Heart Association  
Various PE Websites

**RESOURCE SPECIFIC VOCABULARY:**