

# 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:**

<b>Wallenpaupack Area School District Curriculum</b>	
<b>COURSE: Physical Education 3</b>	<b>GRADE/S: 3</b>
<b>UNIT 4: Manipulative Skills</b>	<b>TIME FRAME: Year-round</b>

**PA COMMON CORE/NATIONAL STANDARDS:**

10.4.3 A, D, E, F  
10.5.3 A, C, E, F

- UNIT OBJECTIVES (SWBATS):**
- Students will be able to identify and engage in physical activities that promote physical fitness and health.
  - Students will be able to identify likes and dislikes related to participation in physical activity.
  - Students will be able to identify reasons why regular participation in physical activities improves motor skills.
  - Students will be able to recognize positive and negative interactions of small group activities.
  - Students will be able to recognize and use basic movement skills and concepts.
  - Students will be able to know the function of practice.
  - Students will be able to know and describe scientific principles that affect movement and skills using appropriate vocabulary.
  - Students will be able to recognize and describe game strategies using appropriate vocabulary.

- INSTRUCTIONAL STRATEGIES/ACTIVITIES:**
- Exploration
- Around, over, under
  - Moving the ball with different body parts
  - Different levels (low, medium, high)
- Tossing
- Self-toss (hand under the ball, toss lightly above head, keep eyes on the object, catch with two hands)
  - Partner toss
- Throwing and catching a variety of objects
- Underhand throw (swing, step, toss) with opposite foot
  - Overhand throw (sideways to target, object by ear, eyes on target, step, and throw)
  - Catching (face partner, eyes on the object, ready hands, eyes follow the object to hands)
- Rolling
- Bend at knee, hand position, step with opposite foot, swing, release/follow through
- Dribbling

- Hand Dribble: Hand, fingers, push ball (don't slap), waist-high / moving and dribbling (keep eyes forward)
- Foot Dribble: foot tap (inside/outside/laces/bottom of the foot)

**Kicking**

- Stationary Ball
- Rolling ball
- Plant opposite foot, swing, follow through
- Kicking at a target

**Trapping**

- Keep on eyes on ball, lift foot, stop ball under, or side of the foot

**Striking**

- With hand
- With implement (bat, racquet, stick, noodle)
- Stationary objects
- Moving objects
- Pitched ball

**ANCHOR VOCABULARY:**

**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

- Teacher observation
- Student participation

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

Students will demonstrate an understanding of various manipulative skills through performance of individual/partner practice and fitness stations.

**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
- Different equipment (softer, larger, brighter, lighter as needed)

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

Marathon Kids  
 American Heart Association  
 Various PE Websites

**RESOURCE SPECIFIC VOCABULARY:**

