

Select a Course:	PE Health Grade 3
Teacher:	CORE PE Health Grade 3
Course:	PE Health Grade 3
Year:	2016-17
Months:	- All -

August

Enduring Understandings ✕ Essential Questions ✕ Standards ✕ Knowledge & Skills ✕ Academic Language ✕

September

Motor Skills

Enduring Understandings ✕ Essential Questions ✕ Standards ✕ Knowledge & Skills ✕ Academic Language ✕

Enduring Understandings

Students will understand:

1. movement concepts may be combined (direction, levels, force, time)
2. locomotor and non-locomotor skills are used in a variety of activities
3. how to “move to” or recognize an open space during activities
4. the proper criteria for an overhand throw.

Essential Questions

1. How can your awareness of open space help you during activity?
2. How would you differentiate movements based on the situation you’re in (i.e. tagger is close to you vs. far away)?
3. What are the different cues that were taught for the overhand throw?

Standards

NASPE.1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

NASPE.2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

G.19 - Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.

Knowledge & Skills

1. The students will be able to demonstrate the proper criteria for the overhand throw.
2. The students will be able to move to open space in game play and activities.
3. The students will be able to apply different motor skills in game play settings.

Academic Language

TIER 1

1. Run
2. Slide
3. Gallop
4. Hop
5. Catch
6. Balance
7. Roll
8. Toss
9. Fast
10. Slow
11. Hard
12. Soft
13. Jump
14. Forward
15. Backward
16. Over
17. Under
18. High
19. Low
20. Skip
21. Bounce
22. Swing
23. Strike
24. Hit
25. Throw
26. Jog
27. Leap
28. Strong
29. Weak
30. Speed
31. Safety

TIER 2

1. Share
2. Follow
3. Describe
4. Repeat
5. Direction
6. Demonstrate
7. Describe
8. Compare

					9. Contrast 10. Predict 11. Explain 12. Mirror 13. Recognize 14. Defend 15. Protect 16. Evaluate TIER 3 1. Locomotor 2. Non-locomotor 3. Object Control 4. Pathway 5. Pattern 6. Opposition 7. Pace 8. Horizontal 9. Vertical 10. Aerobic Capacity 11. Flexibility 12. Muscular Endurance 13. Muscular Strength 14. Volley	
October	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
November	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
December	🏠 Wellness Enduring Understandings ✕ Essential Questions ✕ Standards ✕ Knowledge & Skills ✕ Academic Language ✕					
	🏠 Understand the relationship between physical activity and good health Understand how curl-ups/push-ups will increase their muscular strength and endurance. Understand how running and activity can improve cardiovascular endurance.	🏠 1. What are some ways to increase your upper body strength, cardiovascular endurance, flexibility, and maintaining a healthy BMI? 2. What is your BMI and why it is important? 3. What are the different types of health related fitness and exercises that correspond to them?	NASPE.3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. NASPE.5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. G.20 - Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.	🏠 Identifies physical activity benefits as a way to become healthier (S3.E1.3b) Engages in the activities of physical education class without teacher prompting (S3.E2.3) Describes the concept of fitness and provides examples of physical activity to enhance fitness (S3.E3.3) Recognizes the importance of warm-up and cool-down	🏠 TIER 1 1. Muscles 2. Heart 3. Brain 4. Bones 5. Lungs 6. Stomach 7. Fruit 8. Vegetables 9. Meat 10. Dairy 11. Water 12. Bread TIER 2 1. Explain 2. Summarize 3. Describe 4. Compare 5. Contrast	

				relative to vigorous physical activity (S3.E4.3)	6. Evaluate 7. Interpret 8. Analyze	
				Demonstrates, with teacher direction, the health-related fitness components (S3.E5.3)	TIER 3 1. Health Related Fitness 2. Aerobic Capacity 3. Muscular Strength 4. Muscular Endurance 5. Flexibility 6. BMI 7. Heart Rate 8. Pulse 9. BPM 10. Protein 11. Carbohydrates 12. Minerals 13. Vitamins 14. Circulatory System 15. Respiratory System 16. Digestive System	
January	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
February	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
March	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
April	🏠 Social Behavior					
	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
	🏠 Students will understand that: 1. We are accountable for how we treat people. 2. Behaving well is as important as playing well. 3. The job of the leader is to encourage everyone to perform better. 4. We should lead by example.	🏠 1. What does a successful team look like? 2. What makes a good teammate? 3. Would I want me for a teammate? 4. Did I do the right thing? 5. What will I do next time/did I learn from my mistake?	NASPE.4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others. G.21 - Develop skills necessary to become a successful member of a team by working with others during physical activity.		🏠 Students will know and be able to: 1. Identify individual behaviors that need to be changed in order to work successfully in a group. 2. Give examples of ways to settle disagreements. 3. Know how the quality of actions affect group outcomes.	🏠 TIER 1 1. Talk 2. Listen 3. Behavior 4. Expectations 5. Rules 6. Safety 7. Responsible 8. Attitude 9. Motivation 10. Compromise 11. Integrity 12. Character 13. Encouragement 14. Community 15. Resolution

						<ul style="list-style-type: none"> 16. Relationships 17. Respect 18. Acceptance 19. Choice 20. Example 21. Procedure <p>TIER 2</p> <ul style="list-style-type: none"> 1. Communicate 2. Discuss 3. Prepare 4. Cooperate <p>TIER 3</p> <ul style="list-style-type: none"> 1. Teamwork 2. Strategize 3. Sportsmanship
May	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
June	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
July	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕