<table>
<thead>
<tr>
<th>Grade Level:</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Title:</td>
<td>Physical Education</td>
</tr>
<tr>
<td>Topic/Concept:</td>
<td>Locomotor Skills</td>
</tr>
<tr>
<td>Time Allotment:</td>
<td>2 classes</td>
</tr>
<tr>
<td>Unit Sequence:</td>
<td>1</td>
</tr>
</tbody>
</table>

### Major Concepts to be learned:

1. Review of basic locomotor movements.

### Expected Skills to be demonstrated:

1. Walk, run, hop, slide, gallop, skip, leap and jump

### PA Standards/Anchors:

<table>
<thead>
<tr>
<th>Standards/Anchors</th>
<th>Eligible Content:</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.5.3 A</td>
<td>• Various games and activities will be used to practice the locomotor movements.</td>
</tr>
<tr>
<td>10.5.3 B</td>
<td></td>
</tr>
</tbody>
</table>

### Instructional Strategies:

- Games
- Demonstration
- Small groups
- Performance tasks

### Assessments:

- Teacher observation
**Grade Level:** 3  
**Course Title:** Physical Education  
**Topic/Concept:** Soccer  
**Time Allotment:** 4 classes  
**Unit Sequence:** 2

### Major Concepts to be learned:

1. Basic rules of soccer  
2. Basic skills needed to play a modified soccer game  
3. Teamwork and good sportsmanship

### Expected Skills to be demonstrated:

1. Dribbling, passing, shooting and trapping  
2. Basic offense and defense  
3. Basic rules of soccer

### PA Standards/Anchors:

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

### Eligible Content:

- Various drills and lead up games will be performed/played in order to practice dribbling, passing, shooting, trapping, offense/defense and rules of the game.

### Instructional Strategies:

- Cooperative groups  
- Demonstration  
- Performance task  
- Hands on activity  
- Lead up games

### Assessments:

- Teacher observation  
- Quiz
<table>
<thead>
<tr>
<th>Grade Level:</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Title:</td>
<td>Physical Education</td>
</tr>
<tr>
<td>Topic/Concept:</td>
<td>Presidential Physical Fitness Testing</td>
</tr>
<tr>
<td>Time Allotment:</td>
<td>4 classes</td>
</tr>
<tr>
<td>Unit Sequence:</td>
<td>3</td>
</tr>
</tbody>
</table>

### Major Concepts to be learned:

1. The importance of fitness testing
2. Proper technique for each test and which component of fitness it measures

### Expected Skills to be demonstrated:

1. Demonstrate positive encouragement and good sportsmanship
2. Identify their strengths and weaknesses
3. Proper technique for the mile, shuttle run, sit and reach, pull ups and sit ups

### PA Standards/Anchors:

<table>
<thead>
<tr>
<th>Standards/Anchors</th>
<th>Eligible Content:</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.4.3 A,B,C, 10.5.3 D</td>
<td>Perform and complete all 5 events/tests that measure muscular strength/endurance, cardiorespiratory endurance, speed, agility and flexibility.</td>
</tr>
</tbody>
</table>

### Instructional Strategies:

| Fitness testing Demonstration |

### Assessments:

| Teacher observation |
| President’s Challenge Physical Fitness Test |
### Major Concepts to be learned:

1. Ball handling skills necessary for participating in a variety of games or activities

### Expected Skills to be demonstrated:

1. Throwing  
2. Catching  
3. Dribbling

### PA Standards/Anchors:

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

### Eligible Content:

- The skills of throwing, catching, and dribbling will be practiced in a variety of activities including drills, games and stations.

### Instructional Strategies:

- Cooperative groups  
- Demonstration  
- Performance tasks  
- Hands on activity  
- Lead up games

### Assessments:

- Teacher observation
Grade Level: **3**
Course Title: **Physical Education**
Topic/Concept: **Tennis**

Time Allotment: **4 classes**
Unit Sequence: **5**

**Major Concepts to be learned:**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Basic rules of tennis</td>
</tr>
<tr>
<td>2.</td>
<td>Basic skills needed to play a modified game</td>
</tr>
<tr>
<td>3.</td>
<td>Teamwork and good sportsmanship</td>
</tr>
</tbody>
</table>

**Expected Skills to be demonstrated:**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Forehand</td>
</tr>
<tr>
<td>2.</td>
<td>Backhand</td>
</tr>
<tr>
<td>3.</td>
<td>Serve</td>
</tr>
<tr>
<td>4.</td>
<td>Volley</td>
</tr>
</tbody>
</table>

**PA Standards/Anchors:**

<p>| |</p>
<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>10.4.3 A,B,D,E,F</td>
</tr>
<tr>
<td>10.5.3 A,B,C,E,F</td>
</tr>
</tbody>
</table>

**Eligible Content:**

- Various drills and lead up games will be performed/played in order to practice forehand, backhand, serve and volley.

**Instructional Strategies:**

<p>| |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Cooperative groups</td>
</tr>
<tr>
<td>Demonstration</td>
</tr>
<tr>
<td>Performance task</td>
</tr>
<tr>
<td>Hands on activity</td>
</tr>
<tr>
<td>Lead up games</td>
</tr>
</tbody>
</table>

**Assessments:**

<p>| |</p>
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Teacher observation</td>
</tr>
</tbody>
</table>
**Grade Level:** 3  
**Course Title:** Physical Education  
**Topic/Concept:** Hockey  
**Time Allotment:** 2 classes  
**Unit Sequence:** 6

### Major Concepts to be learned:
1. Basic rules of hockey  
2. Basic skills needed to play a hockey game  
3. Teamwork and good sportsmanship

### Expected Skills to be demonstrated:
1. Gripping and carrying a stick  
2. Passing and shooting  
3. Basic offensive/defensive strategies  
4. Basic hockey rules

### PA Standards/Anchors:
- 10.3.3 C,D  
- 10.4.3 A,D,E,F  
- 10.5.3 A,B,C,E,F

### Eligible Content:
- Various drills and lead up games will be performed/played in order to practice passing, shooting, offensive/defensive strategies and rules of the game.

### Instructional Strategies:
- Cooperative groups  
- Demonstration  
- Performance task  
- Hands on activity  
- Lead up games

### Assessments:
- Teacher observation
## Major Concepts to be learned:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Scooter safety</td>
</tr>
<tr>
<td>2.</td>
<td>Basic skills needed to play various games on scooters</td>
</tr>
<tr>
<td>3.</td>
<td>Teamwork and good sportsmanship</td>
</tr>
</tbody>
</table>

## Expected Skills to be demonstrated:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Knowledge of scooter safety rules</td>
</tr>
<tr>
<td>2.</td>
<td>Ability to move forward, backward and side to side on scooter using feet</td>
</tr>
<tr>
<td>3.</td>
<td>Ability to move in various directions using hands</td>
</tr>
<tr>
<td>4.</td>
<td>Knowledge and skills necessary to play scooter basketball, hockey, scoops and bowling</td>
</tr>
</tbody>
</table>

## PA Standards/Anchors:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>10.3.3 C,D</td>
<td></td>
</tr>
<tr>
<td>10.4.3 A,D,E,F</td>
<td></td>
</tr>
<tr>
<td>10.5.3 A,B,C,E,F</td>
<td></td>
</tr>
</tbody>
</table>

## Eligible Content:

- Students will play various games while on scooters (such as basketball, hockey, scoops and bowling).

## Instructional Strategies:

- Demonstration
- Performance task
- Hands on activity
- Lead up games

## Assessments:

- Teacher observation
**Grade Level:** 3  
**Course Title:** Physical Education  
**Topic/Concept:** Aerobic Dance  
**Time Allotment:** 2 classes  
**Unit Sequence:** 8

### Major Concepts to be learned:

1. Knowledge and skills to appropriately participate in a variety of aerobic dance activities.  
2. Realize the lifelong benefits of aerobic dance

### Expected Skills to be demonstrated:

1. Basic yoga movements  
2. Simple line dancing routines (electric slide, macarena, chicken dance, cha cha slide)  
3. Basic aerobic dance steps and routines

### PA Standards/Anchors:

<table>
<thead>
<tr>
<th>10.4.3 A,B,C,D,F</th>
<th>Eligible Content:</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.5.3 A,D</td>
<td>• Various types of aerobic dance activities will be introduced such as yoga, step aerobics, aerobic dance, line dancing, etc.</td>
</tr>
</tbody>
</table>

### Instructional Strategies:

- Small groups  
- Demonstration  
- DVDs  
- Performance task

### Assessments:

- Teacher observation
## Grade Level: 3  
## Course Title: Physical Education  
## Topic/Concept: Bowling  
## Time Allotment: 2 classes  
## Unit Sequence: 9

### Major Concepts to be learned:

1. Understand the basic equipment and set up of the game  
2. Learn basic rules of a bowling game  
3. Good sportsmanship, etiquette and safety

### Expected Skills to be demonstrated:

1. 3 finger grip  
2. 4 step approach  
3. Tally points for 1 frame of bowling

### PA Standards/Anchors:  

<table>
<thead>
<tr>
<th>10.4.3 A,F</th>
<th>10.5.3 A,C</th>
</tr>
</thead>
</table>

### Eligible Content:

- Students will participate in small group games to practice the 4-step approach and score tallying.

### Instructional Strategies:

- Cooperative games  
- Hands on activity  
- Demonstration  
- Performance task

### Assessments:

- Teacher observation
Grade Level: 3  
Course Title: Physical Education  
Topic/Concept: Playground Games

Time Allotment: 4 classes

Unit Sequence: 10

Major Concepts to be learned:

1. Learn how to be a good teammate
2. Good sportsmanship
3. Basic rules of various games

Expected Skills to be demonstrated:

1. Knowledge of rules and skills necessary to play various playground games such as kickball, powball, frisbee golf or 4 square
2. Teamwork
3. Good sportsmanship

PA Standards/Anchors:

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

Eligible Content:

• Students will play various playground games such as Kickball, powball, Frisbee golf and 4 square that develop basic skills as well as teamwork and sportsmanship.

Instructional Strategies:

Games
Cooperative groups
Demonstration

Assessments:

• Teacher observation
Grade Level: 3  Course Title: Physical Education  Topic/Concept: Jump rope/Hula hoop

Time Allotment: 2 classes  Unit Sequence: 11

Major Concepts to be learned:

1. Personal Space
2. Jump rope and hula hoop skills
3. Realize fitness benefits of jump rope and hula hoop activities

Expected Skills to be demonstrated:

1. Turning the rope (short and long)
2. Short rope and long rope jumping
3. Hula hooping on various body parts (legs, waist, arm, neck)

PA Standards/Anchors:  
10.3.3 D  
10.4.3 A, B, D, F  
10.5.3 A, E

Eligible Content:

• Students will perform various tasks with the hula hoop and jump rope in order to improve their skills and improve fitness.

Instructional Strategies:

Cooperative groups  
Demonstration  
Performance tasks  
Hands on activity

Assessments:

• Teacher observation
### Course Title: Physical Education
### Topic/Concept: Presidential Physical Fitness Testing

**Grade Level:** 3  
**Time Allotment:** 4 classes  
**Unit Sequence:** 12

#### Major Concepts to be learned:

1. The importance of fitness testing
2. Proper technique for each test and which component it measures

#### Expected Skills to be demonstrated:

1. Demonstrate positive encouragement and good sportsmanship
2. Identify their strengths and weaknesses
3. Proper technique for the mile, shuttle run, sit and reach, pull ups and sit ups

#### PA Standards/Anchors:

| 10.4.3 A, B, C | 10.5.3 D |

#### Eligible Content:

- Perform and complete all 5 events/tests that measure muscular strength/endurance, cardio-respiratory endurance, speed, agility and flexibility.

#### Instructional Strategies:

- Fitness testing
- Demonstration

#### Assessments:

- Teacher observation
- President’s Challenge Physical Fitness Test