



Curriculum Overview and Resources

3rd-5th Grade Health and Physical Ed

Year at a Glance	Student Access to Online Materials
K-8 Year AT Glance	Access Student Accounts through Clever Username: Lunch Number Example: 12345 Password: Birth Date Format: mm/dd/yyyy Example: 02/16/2013

Unit	3rd Grade Overview: Essential Learning
Unit 1: Safety	PE - Students will know specific safety rules and procedures for all activities as well as resolve conflicts and work cooperatively with others. Students will combine basic skills and movements to participate in activities/games that will lead to more complex skills and movements in the future. Appropriate social behaviors are the basis of creating appropriate safety rules and procedures. The skills and concepts in this unit are applicable for many tag and tag-related games where multiple skills may be required. Health - From a list, students will identify safe and unsafe situations by classifying each of them into the correct group. Students will also be able to produce a list of strategies to prevent injuries at school and home.
Unit 2: Fitness and Nutrition	PE: Students will understand the importance of maintaining a healthy lifestyle. Health: Students will be able to describe key nutrients in food groups and will be able to determine if assistance is needed while making health choices.
Unit 3: Locomotor Skills	PE: Students will combine basic skills and movements to participate in activities/games that will lead to more complex skills and movements in the future. The skills and concepts in this unit are applicable for many tag and tag-related games where multiple skills may be required. Health: Students will be able to identify healthy foods and unhealthy foods. Students will exercise daily and set goals for themselves to achieve.
Unit 4:	PE: Students will be able to correctly demonstrate a variety of skills and

Manipulating objects	strategies in an activity or game setting. The manipulative skills combined with game knowledge promote overall performance in activities or game settings. Health Students will be able to identify different factors that make up a healthy lifestyle.
Unit 5: Focusing on Technique and basic skills	PE: Students will be able to participate, using correct form, in games requiring knowledge of strategy and spatial awareness. The manipulative skills combined with spatial awareness and game knowledge promote overall performance in activities or game settings. Health: Students will be able to identify components that support healthy decisions for a healthy lifestyle.
Unit 6: Fitness and nutrition	PE: Students will understand the importance of maintaining a healthy lifestyle and monitoring their current health. Students will understand the importance of maintaining a healthy, active lifestyle. Health: Students will have the skills to set personal short term goals and will be able to list action steps, healthy practices and assistance needed to achieve their personal goal. Students will be able to explain how technology and bad habits can influence their personal health. Students will learn how to create short term personal health goals that include action steps and behaviors. Students will also identify possible influences that might become obstacles in reaching their goals.
Unit 7: Strategies and game play	PE: Students will combine basic skills and strategies to participate in activities/games that will lead to more complex activities/games in the future. The skills and concepts in this unit are applicable for many tag and tag-related games where multiple skills and strategies may be required. Health: Students will explain how the media influences behavior and will identify circumstances that affect health decision making.
Unit 8: Lifetime sports and skills	PE: Students will understand the importance of maintaining a healthy lifestyle and monitoring their current health. Students will understand the importance of maintaining a healthy, active lifestyle. These fitness standards were integrated to support the teaching of healthy habits and provide information necessary to lead a healthy, active lifestyle. Performance of health and skill related activities will improve with practice. Health: Students will describe how family influences our health choices and will identify ways to encourage others to make good health choices.

