

SUBJECT: Physical Education		GRADE: 3	
UNIT TITLE: Locomotor Movements		TIMEFRAME:	
UNIT OVERVIEW			
I can demonstrate competency in a variety of motor skills and movement patterns.			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Healthy Living, Wellness, and Self Awareness Creativity: Unit ball skills and team games (S3A)		10.5.3 A. Recognize and use basic movement skills and concepts. B. Recognize and describe the concepts of motor skill development using appropriate vocabulary.	
COMPETENCIES		LEARNING TARGETS	
<u>Competency:</u> Locomotor Skills		I can walk, run, jump, hop, skip, gallop, during independent practice and game play (K1PEA1D1)	
<u>Competency:</u> Sport Related Manipulative Skills		I can dribble (hands, feet) kick, strike with implements, catch, roll, throw overhand and underhand during independent practice and gameplay. (K1PEA1D2)	
<u>Competency:</u> Movement Pattern		I can link more than one locomotor movement to improve my performance. (K1PEA1D3)	

SUBJECT: Physical Education		GRADE: 3	
UNIT TITLE: Movement in Space		TIMEFRAME:	
UNIT OVERVIEW			
I can display spatial awareness skills.			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Healthy Living, Wellness, and Self Awareness Continual Learning & A Growth Mindset: Unit locomotor activities and sport related skills. (D2A)		10.5.3 A. Recognize and use basic movement skills and concepts. B. Recognize and describe the concepts of motor skill development using appropriate vocabulary. F. Recognize and describe game strategies using appropriate vocabulary.	
COMPETENCIES		LEARNING TARGETS	
Competency: Sport Replated Manipulative Skills		I can move and maintain personal space with an object (K1PEA2D1)	
Competency: Movement Pattern		I can link more than one locomotor movement to improve my performance. (K1PEA2D2)	

SUBJECT: Physical Education		GRADE: 3	
UNIT TITLE: Exercise and the Body		TIMEFRAME:	
UNIT OVERVIEW			
I can demonstrate knowledge and skills to achieve a health enhancing level of physical activity and fitness.			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Healthy Living, Wellness, and Self Awareness Critical Thinking & Problem Solving: Unit body weight exercises and fitness. (S4A)		10.5.3 D. Identify and use principles of exercise to improve movement and fitness activities	
COMPETENCIES		LEARNING TARGETS	
Competency: Body Response to Exercise		I can feel my heart beating faster. I start to feel thirsty because I am breathing hard. I get hot when I exercise. I feel my muscles being tired. I recognize that my heart and my lungs are working together during exercise. (K1PEA3D1)	
Competency: Health Related Fitness		I understand that cardiovascular exercise uses my full body and causes my heart and lungs to work harder. (K1PEA3D2)	

SUBJECT: Physical Education		GRADE: 3	
UNIT TITLE: Personal Responsibility		TIMEFRAME:	
UNIT OVERVIEW			
I can exhibit responsible personal and social behavior that respects myself and others.			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Healthy Living, Wellness, and Self Awareness Honesty, Integrity, & Responsibility: Unit large group games and team activities. (D3A)		10.3.3 A. Recognize safe/unsafe practices in the home school and community. C. Recognize conflict situations and identify strategies to avoid or resolve.	
COMPETENCIES		LEARNING TARGETS	
Competency: Personal Responsibility		I respect the rules of the activity and am willing to encourage others to do the same. (K1PEA4D1)	
Competency: Safety		I take safe risks that are beneficial to myself and my team. (K1PEA4D2)	

SUBJECT: Physical Education		GRADE: 3	
UNIT TITLE: Benefits of Physical Activity		TIMEFRAME:	
UNIT OVERVIEW			
I can recognize the value of physical activity for health, enjoyment, challenge, self-expression, or social interaction.			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Healthy Living, Wellness, and Self Awareness Collaboration and Teamwork: Unit large group games. (S1A)		10.4.3 A. Identify and engage in physical activities that promote physical fitness and health. B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities. C. Know and recognize changes in body responses during moderate to vigorous physical activity.	
COMPETENCIES		LEARNING TARGETS	
<u>Competency</u> : Personal Value		I understand exercise gives me the confidence to participate in physical activity in a variety of settings. (K1PEA5D1)	
<u>Competency</u> : Social Interaction and Enjoyment		I can understand the different roles that are needed to play a team game. (K1PEA5D2)	