



Grade 3 Health, Physical Education, and Family Life

K-12 CHPS Pacing Guides	Curriculum Framework	Testing Blueprint	VDOE Website
---	----------------------	-------------------	--------------

Pacing	Standard	Instructional Unit
1st Nine-Weeks		
Week 1	3.4 a & 3.4b	Introduction, Rules, Procedures, and Expectations.
Week 2	3.4 a & 3.4b 3.3a-d, 3.4d & 3.4e	Review Rules, Procedures, and Expectations. (Game-Hoop Tag) Go over Fitness Testing
Week 3	3.3 a-d, 3.4d, & 3.4e	Fall Fitness Tests
Week 4	3.3 a-d, 3.4,d & 3.4e	Fall Fitness Tests
Week 5	3.3 a-d, 3.4,d & 3.4e	Fall Fitness Test Make Ups (Game-King Pin)
Week 6	3.1a	Soccer Skills, Games and Activities
Week 7	3.2b, 3.2e & 3.4a,	Rock Wall Activities
Week 8	3.2b & 3.1a-d	Pull Up Challenge Seasonal games and Activities (Zombie Tag)
Week 9	3.4a & 3.4c	Hula Hoop Activities

2nd Nine-Weeks		
Week 10	3.1a	Football Skills, Games, and Activities
Week 11	3.1a	Seasonal Games and Activities (Turkey Round Up) Turkey Trot
Week 12	3.1a	Basketball Games and Activities



Grade 3 Health, Physical Education, and Family Life

Week 13	3.4a	Scooter Games and Activities
Week 14		Seasonal Games and Activities
Week 15		Parachute Games and Activities
Week 16	3.1d	Stunts and Tumbling
Week 17		Cup Stacking
Week 18		Fun Friday



Grade 3 Health, Physical Education, and Family Life

3rd Nine-Weeks		
Week 19	3.1b, 3.2c & 3.3a-d	Jump Rope Skills, Games, and Activities
Week 20	3.1b	Pillo Polo Hockey Skills, Games, and Activities
Week 21	3.1b, 3.3a-d & 5a-e	Kids Heart Challenge
Week 22		Kickball Pull Up Challenge
Week 23		Read Across America week (Dr. Suess Game-Cat In The Hat)
Week 24	3.1a	Baseball/Softball Skills, Games, and Activities
Week 25		Field Day Explanation and Events (Game-
Week 26		Game-Pyramid Battle
Week 27	3.1a	Volleyball Skills, Games, and Activities

4th Nine-Weeks		
Week 28	3.3 a-d, 3.4,d & 3.4e	Spring Fitness Testing
Week 29	3.3 a-d & 3.4d, 3.4e	Spring Fitness Testing
Week 30	3.3 a-d & 3.4d, 3.4e	Spring Fitness Testing Make Ups
Week 31		Star Wars Day
Week 32		Field Day
Week 33		Slackline
Week 34	3.1a	Pickleball/Speedminton



Colonial Heights
Public Schools

Pacing Guide

Grade 3 Health, Physical Education, and Family Life

Week 35		Fun Friday
Week 36		Inflatable