

Grade 3 Physical Education Course Map

Course Title: Grade 3 Physical Education

Course Description:

Grade 3 Physical Education focuses on promoting physical activity, motor skills development, and healthy habits. Students will develop fundamental motor skills, cultivate an understanding of the importance of regular physical activity, and improve various fitness components. All HCPS Grade 3 Physical Education standards are met in this course.

Course Objectives:

1. To develop fundamental motor skills.
2. To improve cardiovascular endurance, strength, and flexibility.
3. To foster teamwork, sportsmanship, and fair play.
4. To cultivate an understanding of the importance of regular physical activity.
5. To encourage healthy lifestyle choices.

Course Standards:

1. Standard 1: Movement Forms - Use motor skills and movement patterns to perform a variety of physical activities
 - a. Fundamental Skills (Reintroduce, Apply)
 - i. PE.3-5.1.1 Use locomotor and non-locomotor skills in a mature (proper) form.
 - ii. PE.3-5.1.2 Use manipulative skills in a mature (proper) form.
 - b. Modified/Lead-up Games and Activities (Introduce, Reintroduce, Apply)
 - i. PE.3-5.1.3 Use combinations of mature (proper) movement forms, including locomotor, non-locomotor, and manipulative skills.
2. Standard 2: Cognitive Concepts - Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
 - a. Modified/Lead-Up Games and Activities (Introduce, Apply)
 - i. PE.3-5.2.1 Apply movement tactics in simple and modified activities.
 - b. Safety and Play Etiquette (Reintroduce, Apply)
 - i. PE.3-5.2.2 Identify procedures for safe participation in physical activities.
3. Standard 3: Active Lifestyle - Participate regularly in physical activity
 - a. Individual, Dual, and Lifetime Activities (Introduce)
 - i. PE.3-5.3.1 Participate regularly in physical activities that contribute to an active lifestyle and bring personal enjoyment.

- ii. PE.3-5.3.2 Describe health related benefits of regular participation in physical activities
- 4. Standard 4: Physical Fitness - Know ways to achieve and maintain a health-enhancing level of physical fitness.
 - a. Fitness and Conditioning Related Activities (Introduce)
 - i. PE.3-5.4.1 Identify the components of health-related physical fitness*
 - ii. PE.3-5.4.2 Use appropriate methods to monitor physiological changes before, during, and after physical activity.
 - iii. PE.3-5.4.3 Describe ways in which moderate to vigorous physical activities can improve the health-related components of fitness.*

*Please note: Standards marked with * are “Explore” standards in the developmental PE sequence. These standards are meant for students to explore and develop awareness of particular skills and concepts. In the “Explore” phase, there is not one correct way to do a task. Therefore, these standards are not assessed with a rubric. For more information about the four phases of the developmental process in PE, please refer to page XIII in the [Hawaii Content and Performance Standards for Physical Education K-12](#).

Course Pacing:

Q	1								2								3								4							
Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
Unit 1																																
Unit 2																																
Unit 3																																
Unit 4																																
Unit 5																																
Unit 6																																
Unit 7																																
Unit 8																																

Course Outline:

[Unit 1: Introduction to Physical Activity](#)

- Understand the importance of physical activity.
- Learn basic warm-up exercises.
- Develop fundamental motor skills.

Unit 2: Cardiovascular Endurance

- Learn basic jump rope skills.
- Introduction to monitoring physiological changes.
- Aerobic exercises and activities.

Unit 3: Strength and Conditioning

- Build strength using bodyweight exercises.
- Focus on core, upper, and lower body strength.
- Encourage family participation in fitness.

Unit 4: Sports Skills

- Practice throwing and catching
- Develop ball handling, kicking, and passing skills.
- Develop serving, passing, and setting skills.

Unit 5: Creative Movement and Dance

- Encourage creative expression through dance.
- Develop rhythmic movement skills.
- Perform and share dance routines.

Unit 6: Ocean Safety

- Learn basic ocean safety
- Recognize hazards and how to avoid them.

Unit 7: Review and Reflect

- Review and practice key skills.
- Assess fitness progress.
- Reflect on achievements and set future goals.

Unit 8: Workouts and Celebrations

- Engage in fun physical activities designed by the class
- Celebrate the achievements!

Assessment:

- Standards-aligned rubrics
- Participation in daily exercises and activities
- Self-assessments and reflections
- Feedback and observations

Materials Required:

- Access to meeting platform (e.g., Zoom, Google Meet)
- Comfortable clothing suitable for physical activity

- Adequate space for movement exercises
- Jump rope, various balls (soccer, tennis, or similar size), cones (or objects to serve as cones), laundry basket or trash can (to serve as a goal), balloons, thermometer
- Optional: Resistance bands, yoga mat, water bottle

This outline provides a framework for a Grade 3 Physical Education course designed for synchronous online learning, incorporating various aspects of fitness and wellness while utilizing digital platforms.