

Seymour Public Schools Curriculum

Grade Three Physical Education Curriculum

Most object-control skills, locomotor skills, knowledge and activity skill objectives are taught in a “Spiral” fashion. Steps in the teaching/learning progression are introduced and/or reviewed in several lessons per grade. Each lesson is dedicated to instruction in a particular skill as well as a personal/social skill component of good sportsmanship.

The fitness objectives do not “spiral”, but instead are focused on helping students achieve grade level standards through a variety of exercises.

Each lesson will consist of:

- **Objective:** The lesson objective will describe the desired student performance.
- **Instruction/Demonstration:** Based on research instruction will be provided to motivate students, clearly explain the lesson’s objectives, and maximize student practice and review the day’s work.
- **Practice:** Maximizing time on task, students will apply and rehearse what was just explained and demonstrated. All students will be provided with equal amounts of practice, so activities do not eliminate less-skilled students.
- **Review:** Students will recall what they just learned.
- **Assessments:** Rubrics are used as a pretest and/or posttest to provide information on how well students are mastering the content taught and whether students are progressing through the steps taught by achieving grade level benchmarks.
- **Follow-up (as needed):** After assessing student application of the skills during the activity, the students will be provided with additional time on task as needed.

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Elementary Physical Education Teachers

**Melissa Drozd
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Physical Education Philosophy

Physical education is an integral part of our educational process. Our program contributes significantly to the optimal development of each student, and it is designed to promote a healthy lifestyle through a multi-disciplinary approach.

The physically educated person is:

- Physically conditioned for life's demands
- Motivated to be physically active
- Skilled in health-enhancing physical activities
- Prepared for citizenship
- Safely equipped

Instruction is based on clearly stated outcomes.

Physical Education Learner Goal

All students will develop physical skills in sports and recreational activities; develop physical fitness; acquire knowledge and appreciation of sports and physical activity as lifetime recreational activities; and demonstrate attributes of good sportsmanship. Differentiation, modifications and accommodations are used based on the needs of each student.

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Grade Three Physical Education

Knowledge, Motor Skills, Activity, Fitness; Personal/Social Skills

August/September/ October (10 Days)

SUBTOPIC	DAYS	LESSON/ASSESSMENT	CT STANDARD	SOURCE
Knowledge, Activity, Fitness; Personal/Social Skills; Object Control	10	<p>Safety; Personal and Social Skills; Aerobic and Fitness activities; Motor Skill Performance</p> <p>Emphasis on fitness components: aerobic, abdominal low back strength, arm shoulder strength, hip/ low back flexibility (health related fitness tasks such as: crunches, curl-ups, push ups, running, stretching)</p> <p>Broaden physical education vocabulary: heart rate, exercise, sportsmanship, fitness, healthy, unhealthy, good choices, aerobic, etc.</p> <p>Emphasis on best effort.</p> <p>Reinforce and review ball handling skills.</p> <p>Lead-up fitness activities and games.</p>	<p>9.2-9.5;10.1;10.2;10.3; 11.1;11.2; 12.1; 12.2;12.3 13.1-13.4; 14.1;14.2;14.3;14.4;14.5;14.6</p>	<p>EPEC K-5; Teacher-created activities</p>

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Motor Skills / Physical Activity / Physical Fitness

November/December (6 Days)

SUBTOPIC	DAYS	LESSON/ASSESSMENT	CT STANDARD	SOURCE
Knowledge, Activity, Fitness; Personal/Social Skills; Object Control	6	<p>Safety; Personal and Social Skills; Aerobic and Fitness activities; Motor Skill Performance</p> <p>Soccer/football skills with lead-up activities and games. Review and continue to develop ball handling skills. Emphasis on team work, sportsmanship, and self-control.</p>	<p>9.2-9.5;10.1;10.2;10.3; 11.1;11.2; 12.1; 12.2;12.3 13.1-13.4; 14.1;14.2;14.3;14.4;14.5;14.6</p>	<p>EPEC K-5; Teacher-created activities</p>

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Motor Skills / Physical Activity / Physical Fitness

January (4 Days)

SUBTOPIC	DAYS	LESSON/ASSESSMENT	CT STANDARD	SOURCE
Knowledge, Activity, Fitness; Personal/Social Skills; Object Control	4	Safety; Personal and Social Skills; Aerobic and Fitness activities; Motor Skill Performance Emphasis is on applying basic motor skills to teacher-created activities and games. Reinforce and review rolling, throwing, catching, kicking, tagging, working with partners/teams; cooperation, following directions, and self-control; Rhythm/Tumbling Activities	9.2-9.5;10.1;10.2;10.3; 11.1;11.2; 12.1; 12.2;12.3 13.1-13.4; 14.1;14.2;14.3;14.4;14.5;14.6	EPEC K-5; Teacher-created activities

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Motor Skills / Physical Activity

February / March (6 Days)

SUBTOPIC	DAYS	LESSON/ASSESSMENT	CT STANDARD	SOURCE
Knowledge, Activity, Fitness; Personal/Social Skills; Object Control	6	Safety; Personal and Social Skills; Aerobic and Fitness activities; Motor Skill Performance Teach game specific skills and lead-up activities for basketball or floor hockey or batting activities.	9.2-9.5;10.1;10.2;10.3; 11.1;11.2; 12.1; 12.2;12.3 13.1-13.4; 14.1;14.2;14.3;14.4;14.5;14.6	EPEC K-5; Teacher-created activities

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Motor Skills / Physical Activity

April/May (6 Days)

SUBTOPIC	DAYS	LESSON/ASSESSMENT	CT STANDARD	SOURCE
Knowledge, Activity, Fitness; Personal/Social Skills; Object Control	6	Safety; Personal and Social Skills; Aerobic and Fitness activities; Motor Skill Performance Teach game specific skills and lead-up activities for volleyball: Set; Bump; Serve.	9.2-9.5;10.1;10.2;10.3; 11.1;11.2; 12.1; 12.2;12.3 13.1-13.4; 14.1;14.2;14.3;14.4;14.5;14.6	EPEC K-5; Teacher-created activities

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Motor Skills / Physical Activity

June (2 Days)

SUBTOPIC	DAYS	LESSON/ASSESSMENT	CT STANDARD	SOURCE
Knowledge, Activity, Fitness; Personal/Social Skills; Object Control	2	Safety; Personal and Social Skills; Aerobic and Fitness activities; Motor Skill Performance Relay races; Reinforce and review: Ball handling / Kicking Skills; Tag games; Independent choice	9.2-9.5;10.1;10.2;10.3; 11.1;11.2; 12.1; 12.2;12.3 13.1-13.4; 14.1;14.2;14.3;14.4;14.5;14.6	EPEC K-5; Teacher-created activities

*NOTE: Use of playscape area and fields may be used.

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Grade: Grade three	Subject: Physical Education
CSDE Standard	Connecticut Content Standard 9: Motor Skill Performance
Enduring Understanding	The intent of this standard is development of the physical skills needed to enjoy participation in physical activities. Mastering movement fundamentals establishes a foundation to facilitate continued motor skill acquisition and gives students the capacity for successful and advanced levels of performance to further the likelihood of participation on a daily basis.
Essential Questions	Essential question: What different ways can the body move given a specific purpose?
Content Standards:	Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. (NASPE Standard 1; Connecticut Content Standard 9)
Performance Expectations (Student outcomes)	<p>E 9.1 Students will demonstrate developmentally mature form in the fundamental movement skills in the fundamental movement skills: locomotor and nonlocomotor and manipulative, in a closed environment (skills in isolation)</p> <p>E9.2 Demonstrate simple applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.</p> <p>E9.3 Explore and adapt fundamental movement skills in a variety of dynamic environments</p> <p>E9.4 Acquire beginning skills for a few specialized movement forms</p> <p>E9.5 Participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement,</p>

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	dance and play.	
Strategies/Modes (examples)	Materials/Resources (examples)	Assessments (examples)
<p>Hop Horizontal Jump Leap Run Skip Vertical Jump</p>	<p>Jump rope Hoops Cones Hurdles Floor markers</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Jumps over a long rope that is swaying. 2. Repeats basic rhythmic patterns as demonstrated. 3. Demonstrates a variety of locomotor skills while moving (e.g., skipping, jumping). 4. Travels and stops in a balance. 5. Performs a rocking motion, log roll, and egg roll. 6. Travels on a combination of body parts (e.g., crab walk on hands and feet). 7. Listens and physically responds to directions with regard to motor skill performance. 8. Develops a basic movement vocabulary (e.g., space awareness, locomotor skills, non-manipulative, manipulative).

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Grade: Grade three	Subject: Physical Education
CSDE Standard	<u>Connecticut Content Standard 9: Object-Control Skills</u>
Enduring Understanding	<p>The intent of this standard is development of the physical skills needed to enjoy participation in physical activities. Mastering movement fundamentals establishes a foundation to facilitate continued motor skill acquisition and gives students the capacity for successful and advanced levels of performance to further the likelihood of participation on a daily basis.</p>
Essential Questions	<p>Essential question: What different ways can the body move given a specific purpose?</p>
Content Standards:	<p>Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. (NASPE Standard 1; Connecticut Content Standard 9)</p>
Performance Expectations (Student outcomes)	<p>E 9.1 Students will demonstrate developmentally mature form in the fundamental movement skills in the fundamental movement skills: locomotor and nonlocomotor and manipulative, in a closed environment (skills in isolation)</p> <p>E9.2 Demonstrate simple applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.</p>

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	<p>E9.3 Explore and adapt fundamental movement skills in a variety of dynamic environments</p> <p>E9.4 Acquire beginning skills for a few specialized movement forms</p> <p>E9.5 Participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.</p>	
<p>Strategies/Modes (examples)</p> <p>Batting Catch Fly Balls Catch Rolling Balls Foot Dribble Hand Dribble Instep Kick Lift and Carry Posture Overhand Throw Underhand Strike Underhand Throw</p>	<p>Materials/Resources (examples)</p> <p>Variety of balls Bean Bags Balloons Targets Cones or tees Bats Bases</p>	<p>Assessments (examples)</p> <p>Students will:</p> <ol style="list-style-type: none"> 1. Moves a ball with his or her feet 2. Kicks a stationary ball 3. Dribbles using his or her right or left hand 4. Throws an object, using an underhand motion with limited body movement 5. Bounces and catches an 8" ball with a partner and by themselves 6. Strikes a ball off a cone or batting tee, using a bat or short paddle 7. Volleys a balloon, using his or her hands or a paddle

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Grade: Grade three	Subject: Physical Education
CSDE Standard	Content Standard 10: Applying Concepts and Strategies
Enduring Understanding	The intent of this standard is facilitation of learners' ability to use cognitive information to understand and enhance motor skill acquisition and performance. It enhances the ability to use the mind to control or direct one's performance. This includes the application of concepts from disciplines such as motor learning and development, sport psychology and sociobiology, and biomechanics and exercise physiology.
Essential Questions	Essential question: How can I move effectively and efficiently?
Content Standards:	Students will demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. (NASPE Standard 2; Connecticut Content Standard 10)
Performance Expectations (Student outcomes)	<p>E10.1 Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement</p> <p>E10.2 Recognize critical performance skill elements in self and others using movement vocabulary</p> <p>E10.3 Demonstrate knowledge of rules, safety practices and procedures of specific outcomes</p>

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Strategies/Modes (examples)	Materials/Resources (examples)	Assessments (examples)
Beneficial Effects of Physical Activity	Hoops Ropes Cones Pull-up bars	Students will: <ol style="list-style-type: none"><li data-bbox="1325 386 1797 464">1. Demonstrates an awareness of personal space during tag games<li data-bbox="1325 480 1839 602">2. Performs various activities requiring body management (e.g., moving on apparatus, tag games)

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Grade: Grade three	Subject: Physical Education
CSDE Standard	Content Standard 11: Engaging in Physical Activity
Enduring Understanding	<p>The intent of this standard is the establishment of patterns of regular participation in meaningful physical activity. This standard connects what is done in the physical education class with the lives of students outside the classroom. Although participation within the physical education class is important, what the student does outside the physical education class is crucial to developing an active, healthy lifestyle that has the potential to help prevent a variety of problems among future generations of adults. Students make use of the skills and knowledge learned in physical education class as they engage in regular physical activity outside the physical education class. They demonstrate effective self-management skills that enable them to participate in physical activity on a regular basis.</p>
Essential Questions	Essential question: What can I do to be physically active and why is this important?
Content Standards:	Students will participate regularly in physical activity. (NASPE Standard 3; Connecticut Content Standard 11)
Performance Expectations (Student outcomes)	<p>E11.1 Engage in a variety of moderate to vigorous developmentally appropriate physical activities on a regular basis</p> <p>E.11.2 Demonstrate an understanding of a variety of movements and how they affect the body</p> <p>E11.3 Apply the understanding of physical activities concepts to developing movement sequences and game strategies</p> <p>E11.4 Engage in appropriate and physical activity during and outside of school that promotes the development and</p>

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	improvement of physical fitness level.	
Strategies/Modes (examples)	Materials/Resources (examples)	Assessments (examples)
Aerobic Activity / Fitness Activity	Stop watches Pedometer Aerobic videos Pull-up bars Cones Ropes Hoops Parachute Scooters	Students will: <ol style="list-style-type: none"> 1. Recognizes changes in heart rate during exercise and rest 2. Sustains moderate physical activity during a forty-minute class period 3. Demonstrates jumping and landing safely (e.g., with knees bent) 4. Lists some of the tasks that are used to evaluate health-related fitness (e.g., curl-ups, push-ups, running, stretching) 5. Explores fitness challenges and purposefully practices tasks to gain greater success

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Grade: Grade three	Subject: Physical Education
CSDE Standard	Content Standard 12: Physical Fitness
Enduring Understanding	The intent of this standard is the development of students’ knowledge, skills and willingness to accept responsibility for personal fitness, leading to an active, healthy lifestyle. Students develop higher levels of basic fitness and physical competence as needed for many work situations and active leisure participation. Health-related fitness components include cardio respiratory endurance, muscular strength and endurance, flexibility and body composition.
Essential Questions	Essential question: Why is it important to be physically fit and how can I stay physically fit?
Content Standards:	Students will achieve and maintain a health-enhancing level of physical fitness. (NASPE Standard 4; Connecticut Content Standard 12)
Performance Expectations (Student outcomes)	<p>E12.1 Demonstrate understanding of the relationship between activities and physical fitness components (e.g. cardio respiratory endurance, muscular strength and endurance, flexibility, nutritional status and body composition)</p> <p>E12.2 Recognize physiological indicators (e.g. heart rate, body temperature, perspiration, thirst) of exercise during and after physical activity</p> <p>E12.3 Understand the results of formal fitness testing and correctly associate these results with overall physical fitness,</p>

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	nutritional levels and personal status E12.4 Maintain a wellness log including exercise and food intake for a set period of time	
Strategies/Modes (examples)	Materials/Resources (examples)	Assessments (examples)
Abdominal Strength/ Low Back Strength Arm Strength / Shoulder Strength Hip Flexibility / Low Back Flexibility	Balance Beam Rhythm Bands Sit and Reach box	Students will: 1. Performs a two-foot stand on a balance beam 2. Performs a single-leg stork stand 3. Demonstrates a variety of standing motor patterns (balance skills, motor pattern learning skills) 4. Demonstrates a step-hop pattern 5. Demonstrates large-muscle coordination in locomotor and non-locomotor skills

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Grade: Grade three	Subject: Physical Education
CSDE Standard	Content Standard 13: Personal / Social Skills
Enduring Understanding	The intent of this standard is the achievement of self-initiated behaviors that promote personal and group success in activity settings. These include safe practices, adherence to rules and procedures, etiquette, cooperation and teamwork, ethical behavior and positive social interaction. Key to this standard is developing respect for individual similarities and differences through positive interaction among participants in physical activity. Similarities and differences include characteristics of culture, ethnicity, motor performance, disabilities, physical characteristics (e.g., strength, size, shape), gender, age, race and socioeconomic status.
Essential Questions	Essential question: How do I interact with others during physical activity?
Content Standards:	Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings. (NASPE Standard 5; Connecticut Content Standard 13)
Performance Expectations (Student outcomes)	E13.1 Understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical settings E13.2 Work independently or cooperatively and productively with partners or in small groups to complete assigned tasks.

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<p>E13.3 Demonstrate behaviors that are sensitive to individual differences (e.g., physical, gender, cultural/ethnic, social and emotional) that can affect group activities</p> <p>E13. 4 Develop skills needed for resolving conflicts peacefully</p>		
<p>Strategies/Modes (examples)</p> <p>Respect for Others Responsibility Self-Control</p> <p>CSDE:</p> <p>4.3-4.1 Distinguish between compliance and non-compliance with game rules and fair play.</p> <p>4.3-4.2 Identifies the appropriate safety practices for the chosen activities.</p> <p>4.3-4.3 Analyze potential risks associated with physical activities.</p> <p>4.3-4.4 Demonstrate positive ways to resolve conflicts that occur in physical activity settings.</p>	<p>Materials/Resources (examples)</p>	<p>Assessments (examples)</p> <p>Students will:</p> <ol style="list-style-type: none"> 1. Participates in class activities willingly and enthusiastically 2. Follows game rules when playing with others. 3. Follows safety rules when playing with others and using sports equipment. 4. Shares and takes turns while participating in physical activities (e.g., using sports equipment) 5. Participates in class physical education activities with respect for the rights and feelings of others 6. Moves safely alone and when moving with others

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Grade: Grade three	Subject: Physical Education
CSDE Standard	Content Standard 14: Benefits of Physical Activity
Enduring Understanding	The intent of this standard is development of an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning. Physical activity provides opportunities for self-expression and social interaction and can be enjoyable, challenging and fun. These benefits develop self-confidence and promote a self-image, thereby enticing people to continue participation in activity throughout the life span.
Essential Questions	Essential question: How will physical activity help me now and in the future?
Content Standards:	Students will value physical activity for health enjoyment, challenge, self-expression, and/or social interaction. (NASPE Standard 6; Connecticut Content Standard 14)
Performance Expectations (Student outcomes)	<p>E14.1 Express and identify feelings about participating in physical activity and begin to make choices based on those feelings.</p> <p>E14.2 Use physical activity as a means of self expression</p> <p>E14.3 Use physical activity as a positive opportunity for social and group interaction</p> <p>E14.4 Experience personal challenges through physical activities</p>

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Strategies/Modes (examples)	Materials/Resources (examples)	Assessments (examples)
<p>Constructive Competition</p> <p>CSDE:</p> <p>6.3-4.1 Accept the feelings resulting from challenge and successes in physical activity.</p> <p>6.3-4.2 Begin to recognize areas for personal and group growth and improvement.</p> <p>6.3-4.3 Expresses personal satisfaction in his or her accomplishment.</p> <p>6.3-4.4 Celebrate personal successes and achievements and those of others.</p> <p>6.3-4.5 Identify activities that are personally interesting.</p> <p>6.3-4.6 Design games, gymnastics, and dance sequences that demonstrate personal creativity and self-expression.</p> <p>6.3-4.7 Willingness to accept challenges and explores new activities.</p>		<p>Students will:</p> <ol style="list-style-type: none"> 1. Explore new activities. 2. Enjoys participation in physical education activities individually 3. Enjoys participation in physical education activities in a group 4. Distinguishes between activities that are healthy and unhealthy 5. Explains why it is important to participate in healthy activities (e.g., walking or riding a bicycle instead of being driven in a car, playing games and sports instead of watching television) 6. Chooses healthy choices to participate in outside of school hours. 7. Establishes short-term class goals 8. Shows preferences among physical activities 9. Describes his or her level of perceived exertion after a physical activity (i.e., "high," "medium," or "low" energy output)

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		10. Describes how physical activity is both fun and good for you.
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APPENDIX

Resources

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Resources

EPEC Exemplary Physical Education Curriculum Grades K-5

National Association for Sport and Physical Education (2004) Moving into the Future: National Standards for Physical Education

Physical Education - A Guide to K-12 Program Development <http://www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=320982>

PE Central (<http://www.pecentral.org>)