

3rd Grade
Fundamental Movement, Activity and Sports Skills
Throwing

Timeframe 1st Trimester

Description: Students will demonstrate mature form throwing various objects overhand in games and activities.

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
<p>PS 1.1.1: Applies locomotor, non-locomotor manipulative, balance, and rhythmic skills in traditional and non-traditional activities that contribute to movement proficiency.</p> <p>PS 1.1.5: Applies movement concepts.</p> <p>PS 1.2.1: Applies safety rules and procedures in a variety of physical activities necessary to maintain a safe-learning environment.</p> <p>PS 1.2.2: Applies social skills necessary for effective participation in physical activities.</p> <p>PS 1.2.3: Understands strategies necessary for effective participation in</p>	<p>Students:</p> <ul style="list-style-type: none"> -demonstrate mature form in throwing objects in lead up activities -demonstrate concepts of high, medium, low levels while throwing -apply safety rules by ensuring partner is ready before throwing the ball -understand basic rules and strategies in game situations <p style="text-align: center;">Activities that Support Assessment:</p> <ul style="list-style-type: none"> *PE Metrics Skill Rubric *Boo Yah *Bombardment *Witches Brew *Bucket Dash 	<p>*PE Metrics Rubrics (link)</p> <p>*www.pecentral.com</p> <p>*Cliff Carnes' Books- "Awesome Elementary School Physical Education Activities" and "Awesome Primary Action Units"</p> <p>*JD Hughes' Books: "No Standing Around in My Gym: Lesson Plans, games, and teaching tips for elementary physical education" and "PE2theMax: Maximize Skills, Participation, Teamwork, and Fun"</p> <p>*"Adventure Curriculum for Physical Education- Elementary Curriculum"</p>	<p>Click here for a comprehensive glossary of Fitness & Health vocabulary.</p> <p>Locomotor Skills:</p> <ul style="list-style-type: none"> • Skip • Gallop • Slide • Jump • Hop • Leap <p>Non-Locomotor Movements:</p> <ul style="list-style-type: none"> • Twisting • Bending • Stretching • Turning • Swinging <p>Movement Concepts and Awareness:</p> <ul style="list-style-type: none"> • Space Awareness • Balance

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
physical activities. PS 4.1.1: Understands daily health and fitness habits.	*Volcanic Eruption		<ul style="list-style-type: none"> • Levels • Pathways • Accuracy • Combinations • Coordination • Absorption <p>Game Play:</p> <ul style="list-style-type: none"> • Defense • Offense <p>Fitness Vocabulary:</p> <ul style="list-style-type: none"> • Heart • Heart rate • Exercise • Endurance • Flexibility • Muscular Strength • Muscular Endurance • Cardiorespiratory Endurance

Curriculum Guide:

- The curriculum guide gives an overview of the entire year.
- The curriculum guide provides a look at the learning targets and resources for a larger audience, therefore learning targets and description of evidence may be summarized with less detail.
- The curriculum guide is a public document on the district website.
- The curriculum guide answers the question – *What does a student learn in this course/content over the course of a year?*