



# JC Schools 3rd Grade PE Yearly Standards

Unit	Priority Standards	Supporting Standards
<p><b>Unit 1</b></p> <p>Movement Concepts (Personal Space, Boundaries, Levels/Pathways, Effort, Body Awareness)</p>	<p><b>S2.E3.3</b> Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher or as is appropriate for the situation.</p>	<p><b>S1.E11.3</b> Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance.</p> <p><b>S2.E1.3.MO</b> Demonstrate safe movement through general space in a variety of movement contexts</p> <p><b>S2.E2.3.MO</b> Employs a variety of pathways, shapes, extensions and levels while moving in a various locomotor patterns.</p> <p><b>S2.E5.3.MO</b> Apply chasing, fleeing and dodging in a variety of complex and changing game-like situations</p>
<p><b>Unit 2</b></p> <p>Locomotor and Non-Locomotor Skills</p>	<p><b>S1.E6.3</b> Performs a sequence of locomotor skills, transitioning from one skill to another smoothly and without hesitation.</p> <p><b>S1.E12.3</b> Balances on different bases of support, demonstrating muscular tension and extensions of free body parts.</p>	<p><b>S1.E1.3</b> Leaps using a mature pattern.</p> <p><b>S1.E2.3</b> Travels showing differentiation between sprinting and running.</p> <p><b>S1.E3.3</b> Jumps and lands in the horizontal and vertical planes using a mature pattern.</p>

		<p><b>S1.E11.3</b> Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance.</p> <p><b>S1.E7.3.MO1</b> Transfer weight, from feet to hands, at fast and slow speeds, using large extensions: mule-kick, handstand, cartwheel.</p> <p><b>S1.E7.3.MO2</b> Balance with obvious control, on a variety of moving objects, such as balance boards and scooters.</p>
<p><b>Unit 3</b></p> <p>Fitness Concepts</p> <p><i>Fitnessgram testing should be completed a second time during the year for post-testing</i></p>	<p><b>S3.E5.3.MO</b> Demonstrates, with teacher direction, the health-related fitness assessments.</p>	<p><b>S3.E2.3.MO</b> Provide examples of physical activity to enhance different fitness components.</p> <p><b>S3.E4.3</b> Recognizes the importance of warm-up &amp; cool-down relative to vigorous physical activity.</p>
<p><b>Unit 4</b></p> <p>Manipulative Skills - <i>Ball Skills</i> (Underhand throwing, overhand throwing, and catching)</p>	<p><b>S1.E13.3</b> Throws underhand to a partner or target with accuracy.</p> <p><b>S1.E14.3</b> Throws overhand, demonstrating 3 of the 5 critical elements of a mature pattern in non-dynamic environments (closed skills), for distance and/or force.</p> <p><b>S1.E16.3</b> Catches a gently tossed hand-size ball from a partner, demonstrating 4 of the 5 critical elements of a mature pattern.</p>	<p><b>S1.E16.3.MO</b> Consistently catch a ball with bare hands, a glove or a scoop.</p>

<p><b>Unit 5</b></p> <p>Manipulative Skills - <i>Bounce Exploration</i></p>	<p><b>S1.E17.3</b> Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body.</p>	<p><b>S1.E17.3.MO</b> Hand dribble and foot dribble a ball and maintain control while traveling within a group.</p>
<p><b>Unit 6</b></p> <p>Manipulative Skills - <i>Foot Exploration</i></p>	<p><b>S1.E18.3</b> Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.</p> <p><b>S1.E19.3</b> Passes and receives a ball with the insides of the feet to a stationary partner, “giving” on reception before returning the pass.</p> <p><b>S1.E21.3a</b> Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each.</p>	<p><b>S2.E18.3.MO</b> Hand dribble and foot dribble a ball and maintain control while traveling within a group.</p> <p><b>S1.E21.3b</b> Uses a continuous running approach and kicks a stationary ball for accuracy.</p>
<p><b>Unit 7</b></p> <p>Manipulative Skills - <i>Volleying</i></p>	<p><b>S1.E22.3</b> Strikes/volleys an object with an underhand or sidearm striking pattern, sending it forward over a net, to the wall or over a line to a partner, while demonstrating 4 of the 5 critical elements of a mature pattern.</p>	<p><b>S1.E22.3.MO</b> Strike a softly thrown, lightweight ball back to a partner using a variety of body parts and combinations of body parts, such as the forearm volleyball bump the thigh trap/pass in soccer.</p>
<p><b>Unit 8</b></p> <p>Manipulative Skills - <i>Striking with Implements</i></p>	<p><b>S1.E24.3b</b> Strikes an object with a short-handled implement with the 5 critical elements of a mature pattern.</p> <p><b>S1.E25.3</b> Strikes a ball with a long-handled implement (e.g., hockey stick, bat, golf club), sending it forward, while using proper grip for the implement. <i>Note:</i> Use batting tee or ball tossed by teacher for batting.</p>	<p><b>S1.E24.3a</b> Strikes an object with a short-handled implement, sending it forward over a low net or to a wall.</p> <p><b>S1.E24.3.MO</b> Consistently strike a softly thrown ball with a bat or paddle demonstrating an appropriate grip, side to the target, and swing plane.</p>