



JC Schools 3rd Grade PE Yearly Standards

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

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

Unit 5 Manipulative Skills - <i>Bounce Exploration</i>	S1.E17.3 Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body.	S1.E17.3.MO Hand dribble and foot dribble a ball and maintain control while traveling within a group.
Unit 6 Manipulative Skills - <i>Foot Exploration</i>	S1.E18.3 Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body. S1.E19.3 Passes and receives a ball with the insides of the feet to a stationary partner, “giving” on reception before returning the pass. S1.E21.3a 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.	S2.E18.3.MO Hand dribble and foot dribble a ball and maintain control while traveling within a group. S1.E21.3b Uses a continuous running approach and kicks a stationary ball for accuracy.
Unit 7 Manipulative Skills - <i>Volleying</i>	S1.E22.3 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.	S1.E22.3.MO 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.
Unit 8 Manipulative Skills - <i>Striking with Implements</i>	S1.E24.3b Strikes an object with a short-handled implement with the 5 critical elements of a mature pattern. S1.E25.3 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.	S1.E24.3a Strikes an object with a short-handled implement, sending it forward over a low net or to a wall. S1.E24.3.MO Consistently strike a softly thrown ball with a bat or paddle demonstrating an appropriate grip, side to the target, and swing plane.