

## P.E. Curriculum Third Grade

<b>Text:</b>	No Text
<b>Supplemental Materials:</b>	
<b>Course Description:</b>	PE is a course designed to offer a varied selection of activities which serve to promote teamwork, cooperation, motor skill development, physical fitness, knowledge of game rules and an appreciation of the important of being physically active throughout one's life time. The integration of faith will be woven into the instruction each day.
<b>Methods of Evaluation:</b>	Students can be evaluated through participation, observation and/or any other form of evaluation instrument the instructor finds applicable to the course.
<b>Pace of Instruction:</b>	By the end of third grade, each student should be able to perform the following skills.
<b>Course Objectives:</b>	<ol style="list-style-type: none"> <li>1. Ball Skills <ul style="list-style-type: none"> <li>Bounce a ball continuously</li> <li>Bowl a ball 20 feet at an object</li> <li>Catch a ball that has been thrown over a net</li> <li>Hit a ball with a bat when pitched</li> <li>Kick a rolling ball</li> <li>Throw a ball through a target at least 15 feet away</li> </ul> </li> <li>2. Related Skills <ul style="list-style-type: none"> <li>Aerobic dance</li> <li>Perform the following on the balance beam; sideward cross, catwalk, stepover object, balance on one foot</li> <li>Do ten relays of different types.</li> <li>Perform five activities with the parachute</li> <li>Jump rope forward, backward, and skipping</li> </ul> </li> <li>3. Group Activities - Participate in the following sports in class <ul style="list-style-type: none"> <li>Soccer</li> <li>Flag Football</li> <li>Volleyball</li> <li>Basketball</li> <li>Kickball</li> <li>Softball</li> </ul> </li> </ol>

	<p>4. Group Activities</p>
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Play five circle games

Play five line games

Play five indoor games

Perform different activities with the parachute