



Physical Education Scope and Sequence

GRADE 3

Week	Skill/Concept	Suggested Activities
1	Cooperative	Set a personal goal to improve a motor skill and work toward that goal in non-school time.
	Cooperative	Collect data and record progress toward mastery of a motor skill.
	Cooperative	List the benefits of following and the risks of not following safety procedures and rules associated with physical activity.
	Cooperative	Use appropriate cues for movement and positive words of encouragement while coaching others in physical activities.
	Cooperative	Demonstrate respect for individual differences in physical abilities.
2	Body Management	Work in pairs or small groups to achieve an agreed-upon goal.
	Body Management	Perform an inverted balance (tripod) by evenly distributing weight on body parts.
	Body Management	Perform a forward roll.
	Body Management	Perform a straddle roll.
	Movement Concepts	Chase, flee, and move away from others in a constantly changing environment.
3	Locomotion	Jump continuously a line on both feet forward and backward.
	Locomotion	Jump continuously a line on both feet side to side.
	Locomotion	Jump continuously a line on one foot forward and backward.
	Locomotion	Jump continuously a line on one foot side to side.
	Locomotion	Jump continuously a forward-turning rope and backward-turning rope.
4	Manipulative	Balance while traveling and manipulating an object on a ground-level balance beam.
	Manipulative	Catch, while traveling, an object thrown by a stationary partner.
	Manipulative	Roll a ball for accuracy toward a target.
	Manipulative	Explain and demonstrate the correct hand position when catching a ball above the head, below the waist, near the middle of the body, and away from the body.
	Manipulative	Identify the key elements for increasing accuracy in rolling a ball and throwing a ball.
5	Manipulative	Hand-dribble a ball continuously while moving around obstacles.
	Manipulative	Identify the differences between dribbling a ball (with the hand and the foot, separately) while moving forward and when changing direction.
	Manipulative	Throw and catch an object with a partner, increasing the distance from the partner and maintaining an accurate throw that can be easily caught.
	Manipulative	Throw a ball, using the overhand movement pattern with increasing accuracy.
	Manipulative	Catch an object thrown by a partner at increasing distances.
6	Manipulative	Foot dribble a ball continuously while traveling and changing direction.
	Manipulative	Identify the differences between dribbling a ball (with the hand and the foot, separately) while moving forward and when changing direction.
	Manipulative	Describe how changing speed and changing direction can allow one person to move away from another.

Week	Skill/Concept	Suggested Activities
	Manipulative	Kick a ball from the ground for distance using the proper form.
7	Manipulative	Throw and catch an object with a partner, increasing the distance from the partner and maintaining an accurate throw that can be easily caught.
	Manipulative	Explain the difference between throwing to a stationary partner and throwing to a moving partner.
	Manipulative	Explain and demonstrate the correct hand position when catching a ball above the head, below the waist, near the middle of the body, and away from the body.
	Fitness (Muscular Strength/Endurance)	Perform increasing numbers of each: abdominal curl-ups, oblique curl-ups on each side, modified push-ups or traditional push-ups with hands on a bench, forward lunges, side lunges, and triceps push-ups from a chair.
	Fitness (Muscular Strength/Endurance)	Identify which muscles are used in performing muscular endurance activities.
	Manipulative	Kick a ball to a stationary partner, using the inside of the foot.
8	Manipulative	Foot-dribble a ball continuously while traveling and changing direction.
	Manipulative	Identify the differences between dribbling a ball (with the hand and the foot, separately) while moving forward and when changing direction.
	Fitness (Muscular Strength/Endurance)	Demonstrate how to lift and carry objects correctly.
	Fitness (Muscular Strength/Endurance)	Describe the role of muscle strength and proper lifting in the prevention of back injuries.
	Manipulative	Strike a ball continuously upward, using a paddle or racket.
9	Fitness Concepts	Demonstrate warm-up and cool-down exercises.
	Fitness (Muscular Strength/Endurance)	Climb a vertical pole or rope.
	Fitness (Muscular Strength/Endurance)	Name and locate the major muscles of the body.
	Fitness (Muscular Strength/Endurance)	Describe and demonstrate how to relieve a muscle cramp.
	Manipulative	Hand-dribble a ball continuously while moving around obstacles.
10	Manipulative	Identify the differences between dribbling a ball (with the hand and the foot, separately) while moving forward and when changing direction.
	Fitness (Muscular Strength/Endurance)	Hold for an increasing period of time basic stretches for hips, shoulders, hamstrings, quadriceps, triceps, biceps, back, and neck.
	Fitness (Muscular Strength/Endurance)	Measure and record improvement in individual fitness activities.
	Fitness (Flexibility)	Identify flexibility exercises that are not safe for the joints and should be avoided.
	Manipulative	Throw and catch an object with a partner, increasing the distance from the partner and maintaining an accurate throw that can be easily caught.
11	Manipulative	Explain the difference between throwing to a stationary partner and throwing to a moving partner.
	Manipulative	Explain and demonstrate the correct hand position when catching a ball above the head, below the waist, near the middle of the body, and away from the body.

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	Manipulative	Throw a ball, using the overhand movement pattern with increasing accuracy.
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