

3rd Grade Physical Education and Health Pacing Guide

Overarching

	PEL 1.3.5	Practice locomotor movements in a variety of games
	PEL 1.3.4	Play group games with appropriate equipment within boundaries
	PEL 2.3.3	Maintain continuous aerobic activity for a specific time (eg, jumping rope for 3 minutes)
	PEL 1.3.15	Participate in modified games that utilize basic motor skills
	PEL 3.3.2	Compare and contrast sports/games that promote healthy living
	PEL 2.3.4	Sustain aerobic activity for continuously longer periods of time while participating in chasing, fleeing, or traveling activities
	PEL 2.3.9	Perform a variety of flexibility exercises correctly
	PEL 1.3.6	Create and demonstrate three or more movement sequences while smoothly combining locomotor and non-locomotor skills
	PEL 4.3.3	Demonstrate collaboration with others to accomplish a goal (eg, problem solving activities, community project)
	PEL 4.3.1	Express personal feelings on progress made while learning a new skill
	PEL 4.3.2	Demonstrate behaviors that communicate care, consideration, and respect of self and others
	HW 8.3.3	Identify and use strategies to demonstrate care, consideration, and respect for self and others
	HW 10.3.9	Practice school safety procedures

First Nine Weeks

Unit: Health: Body Systems	PEL 1.3.1	Identify and locate major muscle groups
		*biceps
		*triceps
		*quadriceps
		*abdominals
		* hamstrings
		*calf muscles (gastrocnemius)
		*glutes
	PEL 1.3.2	Identify and locate the major bones in the skeletal system:
		*cranium
		*vertebrae
		*ribs
		*radius
		* ulna
		* pelvis
		* femur
		* fibula
		*humerus
		* tibia
		* phalanges

	HW 5.3.1	Identify the major functions of the following systems:
		* digestive
		* circulatory
		* respiratory
		* muscular
		* skeletal
	HW 5.3.2	Understand how senses relate to body systems
	HW 5.3.3	Identify and discuss ways heredity and environment affect human growth and development
	PEL 2.3.13	Recognize activities that make the muscles work continuously
Unit: Health: Personal Hygiene	HW 6.3.3	Apply skills to prevent and control the spread of disease
Unit: Health: Handling Emergencies	HW 10.3.12	Demonstrate Stop, Drop, and Roll when clothing is on fire
	HW 8.3.1	Examine and explain general societal rules and predict consequences of choices (eg, character education)
	HW 10.3.8	Demonstrate knowledge to adhere to traffic safety rules
	HW 10.3.10	Demonstrate the ability to respond to emergency situations
	HW 10.3.11	Identify basic first aid skills (eg, mild burns, choking, nosebleeds)
Unit: PE: Striking	PEL 1.3.13	Step toward and strike a moving object using a mature pattern
	PEL 1.3.12	Demonstrate a mature pattern of kicking using a variety of kicks and a variety of objects (eg, drop kick, stationary kick, punt)
Unit: Health: Communication	HW 8.3.4	Develop skills that promote positive conflict resolution
	HW 8.3.5	Identify verbal and nonverbal methods of communication
	HW 8.3.2	Practice various ways in which to resolve conflict using positive behavior
Second Nine Weeks		
Unit: PE: Fitness Testing	PEL 2.3.12	Participate in a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving muscular strength (eg, push-ups, pull-ups, bicep strength, grip strength)
	PEL 2.3.10	Participate in a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of flexibility (eg, v sit, back saver, sit and reach, trunk lift, shoulder stretch)
	PEL 2.3.8	Participate in a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of body composition (eg, body mass index (BMI), body fat percentage, waist hip ratio, skin fold assessment)
	PEL 2.3.4	Participate in a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving muscular endurance (eg, curl-ups, partial curl ups)
	PEL 2.3.5	Participate in an age appropriate activity, exercise, or game that encourages pacing to develop cardio respiratory endurance
Unit: PE: Fitness Testing	HW 11.3.2	Define healthy weight and the factors that affect a person's weight
		* age
		* gender
		* height
		* family
		* society
		* activity level
		* illness

	PEL 2.3.11	Recognize physical activities that make the muscles work harder (eg, sit ups, push ups)
	PEL 2.3.6	Understand that Body Mass Index (BMI) is a screening tool using height and weight measurement
Unit: Health: Tobacco, Drugs, and Alcohol	HW 9.3.5	Demonstrate a commitment not to use tobacco
	HW 9.3.9	Identify illegal drugs (eg, marijuana, methamphetamine, inhalants)
	HW 9.3.10	Demonstrate the refusal skills in various situations
	HW 10.3.13	Define, discuss, and practice refusal skills
	HW 9.3.8	Recognize addiction as both a physical and psychological consequence of alcohol use
	HW 9.3.4	Recognize that tobacco products can be physically and psychologically addictive
	HW 9.3.3	Determine the harmful chemicals found in tobacco products
	HW 9.3.6	Recognize ways to avoid tobacco use (eg, say "NO", ignore, walk away, a better idea)
	HW 9.3.7	Identify the legal age to purchase tobacco products
Unit: Health: Violence	HW 7.3.3	Examine how media/advertising influences personal health:
		* thoughts
		* feelings
		* health behaviors
	HW 7.3.1	Identify health care workers in schools and communities
HW 10.3.14	Identify sources to report abuse, harassment, violence, and injury	
Unit: Health: Stress	HW 10.3.2	Identify personal stressors and list positive ways to manage stress
	PEL 3.3.3	Understand that recreation is a form of relaxation
	HW 10.3.1	Identify unhealthy behaviors that express certain emotions and develop skills to cope effectively
Unit: PE: Throwing and Catching	PEL 1.3.8	Throw an object over hand using a mature pattern
	PEL 1.3.6	Catch a variety of objects at different levels with a partner using a mature pattern

Third Nine Weeks

Unit: PE: Rhythm	PEL 1.3.7	Perform rhythmical sequences (eg, tinkling, jump bands, lummi sticks, jump rope, folk dance, square dance)
Unit: PE: Integration	PEL 1.3.2	Demonstrate directional movements (clockwise, counterclockwise, and spiral)
	PEL 3.3.4	Understand that aerobic exercise results in a faster cognitive response (eg, estimation, steps and distance, multiplication)
Unit: Health: Diseases	HW 6.3.1	Identify common communicable diseases (eg, common cold, flu, strep throat, measles, mononucleosis)
	HW 6.3.4	Identify types of parasites that infect the body (eg, lice, ticks, mosquitoes)
	HW 6.3.2	Identify non-communicable diseases (asthma, heart disease, allergies)
Unit: Health: Medication	HW 9.3.2	Discuss safe procedures for using prescription and over-the-counter medicine
	HW 9.3.1	Identify prescription and over-the-counter medicine
Unit: PE Heart	PEL 2.3.2	Demonstrate a procedure for monitoring heart rate (eg, take pulse with fingers, heart rate monitors, pulse sticks)
	PEL 2.3.1	Locate areas on the body where a pulse can be found (eg, wrist, chest, neck)
Unit: PE: Dribbling	PEL 1.3.11	Dribble in control with either hand while moving using a mature pattern
	PEL 1.3.10	Dribble a ball around moving obstacles with both feet using a mature pattern
Unit: PE: Nutrition	HW 11.3.1	Plan a healthy snack using MyPyramid Guidelines (www.mypyramid.gov)
	HW 11.3.3	Identify food choices that promote health and help prevent disease
	HW 11.3.7	Describe the relationship between serving size and servings per container
	HW 11.3.7	Identify the information provided on the Nutrition Facts Label
	HW 11.3.8	Demonstrate how to use the MyPyramid Guide to make healthy choice:
		* follow recommended servings
		* define a single serving from each food groups
	HW 11.3.4	Discuss the major nutrients and explain how the body uses them
	HW 11.3.5	List a food source for each of the major nutrients
	HW 11.3.6	Describe why the body needs water:
		* Identify sources
* recommended daily amount		
* adequate hydration		
PEL 2.3.7	Understand that calories determine the amount of energy the body can expend for various physical activities	
Unit: Health: Oral Health	HW 10.3.5	List types of sugary foods
		* sticky
		* hard
		* liquid/sodas
	HW 10.3.4	Know what causes tooth decay and how to prevent cavities
	HW 10.3.6	Name and discuss practices for maintaining healthy teeth:
		* brush twice a day
* floss every day		
	* eat nutritiously	

	HW 10.3.7	Describe the structure of the mouth and teeth (ie, canines, molars, gums)
Fourth Nine Weeks		
Unit: PE: Volley	PEL 1.3.14	Volley a light weight ball to self or partner using a mature pattern
Unit: Health: Environment	HW 7.3.2	Describe ways to promote a healthy environment:
		* recycle
		* reduce
		* reuse
Track & Field		