



Physical Education 3

Course Summary:

Our third grade students are expected to understand and demonstrate clearly-defined combinations of movements. Each week the student will learn one or more new activities. In addition, the student will learn the importance of nutrition as it relates to health and physical fitness. The student will learn life skills throughout the curriculum. In each lesson, the student will find a brief description of that week's activity. Each week a new activity will be added, but the previous activities can always be reviewed.

Course Outline

1. **The Presidential Fitness Challenge: Introduction**
 1. About the President's Challenge
 - Learn about the Presidential fitness programs
 2. Powerful Pacer and Mighty Mile
 - Learn the proper way to do the mile run/walk
 - Learn the proper way to complete the pacer test.
 3. Perfect Push-ups
 - Learn the proper way to do push-ups
 4. Terrific Trunk Lift and Stretchy Sit-and-Reach
 - Learn the proper way to do the Stretchy Sit-and-Reach
 - Learn the proper way to do the Terrific Trunk Lift
2. **Moving, Stretching, and Strengthening**
 1. Jumping and Leaping
 - Jump as high as you can
 - Jump as far as you can
 - Leap as far as you can
 2. Move It!
 - Move quickly
 - Change direction quickly
 3. Did You Catch That?
 - Catch a ball using two hands
 - Move a ball by dribbling, volleying, and hitting
 4. Which Way Am I Going?
 - Perform jumps in various directions
 - Run in various directions
 5. I Am Strong and Sturdy
 - Balance using four supports
 - Balance using three supports
 - Balance using two supports
 6. Upper Body Strength
 - Use upper body strength to perform various activities
 7. Twist and Turn

- Perform skills that cross the mid-line of the body
 - Twist the torso as far as possible
8. Bending and Stretching
 - Demonstrate ankle, knee, and hip flexibility
 9. Jumping Beans
 - Jump while keeping your balance
 - Jump rope several times consecutively
 10. Jumping Beans II
 - Jump in a diagonal direction with control
 - Jump as quickly as possible in various directions
 11. Lower Body Strength
 - Demonstrate lower body strength
- 3. Developing a Healthy Exercise Routine**
1. A Healthy Exercise Routine
 - Learn the principles of exercise
 - Learn the components of an exercise routine
 - Learn how to properly warm up and cool down
 2. Flexibility Training
 - Learn about the importance of flexibility
 - Incorporate stretching into a daily exercise routine
 3. Aerobic Training
 - Learn about the importance of aerobic activity
 - Incorporate aerobic activity into a daily exercise routine
 4. Balance Training
 - Perform an educational gymnastic sequence with balance, transfer of weight, travel, and change of direction.
 5. Strength and Endurance Training
 - Learn the importance of muscular strength
 - Learn the importance of muscular endurance
 - Incorporate strength and endurance into a daily exercise routine
- 4. Your Body and Exercise**
1. Body Composition
 - Learn how to calculate Body Mass Index
 - Learn about different body types
 2. Movement and Your Body
 - Identify major muscles
 - Describe the components and function of the cardiorespiratory system
 - Identify major bones
 - Identify one activity and the muscles and bones that help the body perform the activity
 - Identify the carotid artery and the radial artery for measuring heart rate
 3. Nutrition and Healthy Eating
 - Learn about essential nutrients
 - Learn why eating a healthy diet is important
 4. The Importance of Fluids
 - Learn why fluids are important during exercise
 - Learn about homeostasis
 5. Injuries
 - Learn how to prevent exercise-related injuries
 - Learn how to care for exercise-related injuries
- 5. The Presidential Fitness Challenge**

1. Endurance Run/Walk and Shuttle Run
 - Complete the endurance run/walk
 - Complete the shuttle run
 2. Pull-ups or Push-ups and Curl-ups
 - Complete as many pull-ups or push-ups as you can in one minute
 - Complete as many curl-ups as you can in one minute
 3. V-Sit and Reach
 - Perform the v-sit and reach exercise
6. **Games Around the World**
1. Games and Play
 - Explain the importance of rules for activities
 - Create rules and guidelines for positive, safe, and inclusive environments
 - Describe the importance of cooperating and working with peers to achieve a goal
 - Use teacher feedback to improve performance
 - Give clear and specific feedback to someone else
 - Describe how group and individual physical activity can bring enjoyment to self and peers
 - Differentiate between inclusive and non-inclusive activities/environments
 2. Asia
 - Participate in games played by children in Asia
 - Demonstrate locomotor skills necessary for running and jumping
 3. Europe
 - Participate in games that are played by children in Europe
 - Demonstrate locomotor skills necessary for running and jumping
 4. Africa
 - Learn about games that are played Africa
 - Demonstrate locomotor skills necessary for running and jumping
 5. Australia
 - Learn about games that are played in Australia
 - Demonstrate locomotor skills necessary to run