

Physical Education

Third Grade

- **Requirements:** California P.E. standards for grades 1-6 require a minimum of 200 minutes each 10 days of Physical Education. This includes physical activity, understanding games and rules, personal

Objectives:

- Students will be able to:
- Combine loco-motor and non loco-motor movements, such as combining various travel patterns in relation to music.
- Dribble a ball continuously using hands or feet to control it.
- Maintain flexibility by combining shapes, levels, and pathways into simple sequences.
- Recognize similar movement concepts in a variety of skills. For example an underhand movement can be useful in many ways.
- Accept the feelings resulting from challenge, success and failure in physical activity.
- Play and assist others in activities.
- Make appropriate hygiene, nutritious food choice and healthy living choices.

Background: At this age students have become aware of differences between themselves and others.

They should be shown respect and acceptance of differences. Their self-image is strong and they are better able to make well-defined combinations of movements. Through play they should be learning how to handle individual responsibilities, resolve personal differences and work together for a common goal.

Movement Skills: Students are able to describe muscular movements as the internal force that causes the body to change and move. They can also describe gravity, friction, and muscle movement as external forces that cause the body to stop. They should learn that specific types of skills such as striking, dribbling, and volleying, are beneficial skills, but that they also are helpful in developing and maintaining health fitness.