

Physical Education Grade 3

FIRST NINE WEEKS:

TEKS Subject: *Physical Education/Movement*

Fundamental Movement	District Focus and Resources
<ul style="list-style-type: none"> ❑ 3.1 Travel in forward, sideways, and backwards and change direction quickly and safely in dynamic situations. (TEKS/SE)(3.1A) 	ONGOING Stuck in the Mud High 5 Tag
<ul style="list-style-type: none"> ❑ 3.2 Demonstrate proper form and smooth transitions during combinations of fundamental loco motor and body control skills such as running into jump safely in dynamic situations. (TEKS/SE)(3.1B) 	ONGOING Maze Ball
<ul style="list-style-type: none"> ❑ 3.3 Demonstrate mature form in jogging, running, and leaping. (TEKS/SE)(3.1C) 	ONGOING Fitness Friday
<ul style="list-style-type: none"> ❑ 3.10 Demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick such as position your side to the target. (TEKS/SE)(3.1J) 	ONGOING Throwing Stations Air Raid

Applies Movement Concept	District Focus and Resources
<ul style="list-style-type: none"> ❑ 3.12 Know that practice, attention and effort are required to improve skills. (TEKS/SE)(3.2B) 	ONGOING Juggling

TEKS Subject: *Physical Education/Activity/Health*

Physically Active Lifestyle	District Focus and Resources
<ul style="list-style-type: none"> ❑ 3.13 Describe and select physical activities that provide for enjoyment and challenge. (TEKS/SE)(3.3A) 	ONGOING Brick Relay
<ul style="list-style-type: none"> ❑ 3.14 Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration. (TEKS/SE)(3.3B) 	ONGOING Sam Mom

Physical Activity Factors	District Focus and Resources
<ul style="list-style-type: none"> ❑ 3.21 Identify principles of good posture and its impact on physical activity. (TEKS/SE)(3.4D) 	Mr. Bomer

TEKS Subject: *Physical Education/Movement*

Safety Practices	District Focus and Resources
<ul style="list-style-type: none"> ❑ 3.22 Use equipment safely and properly. (TEKS/SE)(3.5A) 	ONGOING Gym Rules
<ul style="list-style-type: none"> ❑ 3.23 Select and use proper attire that promotes participation and prevents injury. 	ONGOING Tennis Shoes

(TEKS/SE)(3.5B)	
<input type="checkbox"/> 3.24 Identify and apply safety precautions when walking, jogging, and skating in the community such as use sidewalks, walk on the left side of street when facing traffic, wear lights/reflective clothing, and be considerate of other pedestrians. (TEKS/SE)(3.5C)	ONGOING Bicycle Safety Risk Watch City Streets
<input type="checkbox"/> 3.25 Identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cool-down activities. (TEKS/SE)(3.5D)	ONGOING Open Discussion

TEKS Subject: *Physical Education/Social Development*

Structured Physical Activities	District Focus and Resources
<input type="checkbox"/> 3.26 Identify components of games that can be modified to make the games and participants more successful. (TEKS/SE)(3.6A)	ONGOING Create a Game
<input type="checkbox"/> 3.27 Explain the importance of basic rules in games and activities. (TEKS/SE)(3.6B)	ONGOING Gorilla Man Blo gum

Social Skills	District Focus and Resources
<input type="checkbox"/> 3.28 Follow rules, procedures, and etiquette. (TEKS/SE)(3.7A)	ONGOING PE Rules
<input type="checkbox"/> 3.29 Persevere when not successful on the first try in learning movement skills. (TEKS/SE)(3.7B)	ONGOING Encouragement
<input type="checkbox"/> 3.30 Accept and respect differences and similarities in physical abilities of self and others. (TEKS/SE)(3.7C)	ONGOING Equipment Match

SECOND NINE WEEKS:

TEKS Subject: *Physical Education/Movement*

Fundamental Movement	District Focus and Resources
<input type="checkbox"/> 3.1 Travel in forward, sideways, and backwards and change direction quickly and safely in dynamic situations. (TEKS/SE)(3.1A)	Freeze Tag
<input type="checkbox"/> 3.2 Demonstrate proper form and smooth transitions during combinations of fundamental loco motor and body control skills such as running into jump safely in dynamic situations. (TEKS/SE)(3.1B)	Locomotor Partners
<input type="checkbox"/> 3.3 Demonstrate mature form in jogging, running, and leaping. (TEKS/SE)(3.1C)	Friday Fitness
<input type="checkbox"/> 3.4 Demonstrate moving in and out of a balanced position with control. (TEKS/SE)(3.1D)	Gymnastics
<input type="checkbox"/> 3.5 Demonstrate proper body alignment in lifting, carrying, pushing, and pulling. (TEKS/SE)(3.1E)	Scooter hockey
<input type="checkbox"/> 3.7 Transfer on and off equipment with good body control such as boxes, benches, stacked mats, horizontal bar, and balance beam. (TEKS/SE)(3.1G)	Gymnastics Stations Dual

<input type="checkbox"/> 3.8 Clap echoes in a variety of one measure rhythmical patterns. (TEKS/SE)(3.1H)	Macarena
<input type="checkbox"/> 3.9 Demonstrate various step patterns and combinations of movement in repeatable sequences. (TEKS/SE)(3.1I)	Bad, Bad Leroy Brown
<input type="checkbox"/> 3.10 Demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick such as position your side to the target. (TEKS/SE)(3.1J)	Throwing Stations

Applies Movement Concept	District Focus and Resources
<input type="checkbox"/> 3.11 Identify similar positions in a variety of movements such as straddle positions, ready position, and bending knees to absorb force. (TEKS/SE)(3.2A)	Gymnastics
<input type="checkbox"/> 3.12 Know that practice, attention and effort are required to improve skills. (TEKS/SE)(3.2B)	Juggling Progression

TEKS Subject: *Physical Education/Activity/Health*

Physically Active Lifestyle	District Focus and Resources
<input type="checkbox"/> 3.13 Describe and select physical activities that provide for enjoyment and challenge. (TEKS/SE)(3.3A)	Orienteering
<input type="checkbox"/> 3.14 Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration. (TEKS/SE)(3.3B)	15 Minute Daily warm up
<input type="checkbox"/> 3.15 Participate in appropriate exercises for developing flexibility. (TEKS/SE)(3.3C)	Stretching
<input type="checkbox"/> 3.16 Lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping. (TEKS/SE)(3.3D)	Warm ups
<input type="checkbox"/> 3.17 Identify opportunities for participation in physical activity in the community such as little league and parks and recreation. (TEKS/SE)(3.3E)	Home Run Slammer

Physical Activity Factors	District Focus and Resources
<input type="checkbox"/> 3.19 Distinguish between aerobic and anaerobic activities. (TEKS/SE)(3.4B)	Open Discussion
<input type="checkbox"/> 3.20 Identify foods that increase or reduce bodily functions. (TEKS/SE)(3.4C)	Nutrition

Safety Practices	District Focus and Resources
<input type="checkbox"/> 3.22 Use equipment safely and properly. (TEKS/SE)(3.5A)	ONGOING PE Rules
<input type="checkbox"/> 3.23 Select and use proper attire that promotes participation and prevents injury. (TEKS/SE)(3.5B)	ONGOING Open Discussion
<input type="checkbox"/> 3.24 Identify and apply safety precautions when walking, jogging, and skating in the community such as use sidewalks, walk on the left side of street when facing traffic, wear lights/reflective	ONGOING Bicycle Safety

clothing, and be considerate of other pedestrians. (TEKS/SE)(3.5C)	
<input type="checkbox"/> 3.25 Identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cool-down activities. (TEKS/SE)(3.5D)	ONGOING Warm ups

TEKS Subject: *Physical Education/Social Development*

Structured Physical Activities	District Focus and Resources
<input type="checkbox"/> 3.26 Identify components of games that can be modified to make the games and participants more successful. (TEKS/SE)(3.6A)	Review of Rules and Procedures
<input type="checkbox"/> 3.27 Explain the importance of basic rules in games and activities. (TEKS/SE)(3.6B)	Review of Rules and Procedures

Social Skills	District Focus and Resources
<input type="checkbox"/> 3.28 Follow rules, procedures, and etiquette. (TEKS/SE)(3.7A)	Create a Game
<input type="checkbox"/> 3.29 Persevere when not successful on the first try in learning movement skills. (TEKS/SE)(3.7B)	Task Cards
<input type="checkbox"/> 3.30 Accept and respect differences and similarities in physical abilities of self and others. (TEKS/SE)(3.7C)	Problem Solving Activities

THIRD NINE WEEKS:

TEKS Subject: *Physical Education/Movement*

Fundamental Movement	District Focus and Resources
<input type="checkbox"/> 3.1 Travel in forward, sideways, and backwards and change direction quickly and safely in dynamic situations. (TEKS/SE)(3.1A)	Snatch Ball
<input type="checkbox"/> 3.2 Demonstrate proper form and smooth transitions during combinations of fundamental loco motor and body control skills such as running into jump safely in dynamic situations. (TEKS/SE)(3.1B)	Gladiator
<input type="checkbox"/> 3.3 Demonstrate mature form in jogging, running, and leaping. (TEKS/SE)(3.1C)	Marathon Training once a week
<input type="checkbox"/> 3.10 Demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick such as position your side to the target. (TEKS/SE)(3.1J)	Quarterbacks and Receivers

Applies Movement Concepts	District Focus and Resources
<input type="checkbox"/> 3.11 Identify similar positions in a variety of movements such as straddle positions, ready position, and bending knees to absorb force. (TEKS/SE)(3.2A)	Tumbling

<input type="checkbox"/> 3.12 Know that practice, attention and effort are required to improve skills. (TEKS/SE)(3.2B)	Basketball-Dribbling
---	----------------------

TEKS Subject: *Physical Education/Activity/Health*

Physically Active Lifestyle	District Focus and Resources
<input type="checkbox"/> 3.13 Describe and select physical activities that provide for enjoyment and challenge. (TEKS/SE)(3.3A)	Scooter Hockey
<input type="checkbox"/> 3.14 Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration. (TEKS/SE)(3.3B)	Run the Shapes
<input type="checkbox"/> 3.15 Participate in appropriate exercises for developing flexibility. (TEKS/SE)(3.3C)	Obstacle Course (stretching)
<input type="checkbox"/> 3.16 Lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping. (TEKS/SE)(3.3D)	Dual
<input type="checkbox"/> 3.17 Identify opportunities for participation in physical activity in the community such as little league and parks and recreation. (TEKS/SE)(3.3E)	Pass out handouts

Physical Activity Factors	District Focus and Resources
<input type="checkbox"/> 3.18 Describe the long-term effects of physical activity on the heart. (TEKS/SE)(3.4A)	Jump rope

Safety Practices	District Focus and Resources
<input type="checkbox"/> 3.22 Use equipment safely and properly. (TEKS/SE)(3.5A)	Gym Rules
<input type="checkbox"/> 3.23 Select and use proper attire that promotes participation and prevents injury. (TEKS/SE)(3.5B)	Open Discussion
<input type="checkbox"/> 3.24 Identify and apply safety precautions when walking, jogging, and skating in the community such as use sidewalks, walk on the left side of street when facing traffic, wear lights/reflective clothing, and be considerate of other pedestrians. (TEKS/SE)(3.5C)	Open Discussion
<input type="checkbox"/> 3.25 Identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cool-down activities. (TEKS/SE)(3.5D)	Open Discussion

TEKS Subject: *Physical Education/Social Development*

Structured Physical Activities	District Focus and Resources
<input type="checkbox"/> 3.26 Identify components of games that can be modified to make the games and participants more successful. (TEKS/SE)(3.6A)	Jail Break
<input type="checkbox"/> 3.27 Explain the importance of basic rules in games and activities. (TEKS/SE)(3.6B)	Octopus

Social Skills	District Focus and Resources
<input type="checkbox"/> 3.28 Follow rules, procedures, and etiquette. (TEKS/SE)(3.7A)	Gym Rules
<input type="checkbox"/> 3.29 Persevere when not successful on the first try in learning movement skills. (TEKS/SE)(3.7B)	Fitness Poker
<input type="checkbox"/> 3.30 Accept and respect differences and similarities in physical abilities of self and others. (TEKS/SE)(3.7C)	Group Running (marathon)

FOURTH NINE WEEKS:

TEKS Subject: *Physical Education/Movement*

Fundamental Movement	District Focus and Resources
<input type="checkbox"/> 3.1 Travel in forward, sideways, and backwards and change direction quickly and safely in dynamic situations. (TEKS/SE)(3.1A)	Pack Attack
<input type="checkbox"/> 3.2 Demonstrate proper form and smooth transitions during combinations of fundamental loco motor and body control skills such as running into jump safely in dynamic situations. (TEKS/SE)(3.1B)	
<input type="checkbox"/> 3.3 Demonstrate mature form in jogging, running, and leaping. (TEKS/SE)(3.1C)	Mini Track
<input type="checkbox"/> 3.9 Demonstrate various step patterns and combinations of movement in repeatable sequences. (TEKS/SE)(3.1I)	Bunny Hop
<input type="checkbox"/> 3.10 Demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick such as position your side to the target. (TEKS/SE)(3.1J)	Demolition Man

Applies Movement Concepts	District Focus and Resources
<input type="checkbox"/> 3.12 Know that practice, attention and effort are required to improve skills. (TEKS/SE)(3.2B)	Georgetown Warm up

TEKS Subject: *Physical Education/Activity/Health*

Physically Active Lifestyle	District Focus and Resources
<input type="checkbox"/> 3.13 Describe and select physical activities that provide for enjoyment and challenge. (TEKS/SE)(3.3A)	33
<input type="checkbox"/> 3.14 Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration. (TEKS/SE)(3.3B)	10 second Fitness
<input type="checkbox"/> 3.15 Participate in appropriate exercises for developing flexibility. (TEKS/SE)(3.3C)	Georgetown Warm up

<input type="checkbox"/> 3.16 Lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping. (TEKS/SE)(3.3D)	Scooter Soccer
--	----------------

Safety Practices	District Focus and Resources
<input type="checkbox"/> 3.22 Use equipment safely and properly. (TEKS/SE)(3.5A)	Gym Rules
<input type="checkbox"/> 3.23 Select and use proper attire that promotes participation and prevents injury. (TEKS/SE)(3.5B)	Gym Rules
<input type="checkbox"/> 3.24 Identify and apply safety precautions when walking, jogging, and skating in the community such as use sidewalks, walk on the left side of street when facing traffic, wear lights/reflective clothing, and be considerate of other pedestrians. (TEKS/SE)(3.5C)	Review Bicycle Safety
<input type="checkbox"/> 3.25 Identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cool-down activities. (TEKS/SE)(3.5D)	

TEKS Subject: *Physical Education/Social Development*

Structured Physical Activities	District Focus and Resources
<input type="checkbox"/> 3.26 Identify components of games that can be modified to make the games and participants more successful. (TEKS/SE)(3.6A)	Pip, Squeak, Wilber
<input type="checkbox"/> 3.27 Explain the importance of basic rules in games and activities. (TEKS/SE)(3.6B)	Olympic Rock, Paper, Scissors

Social Skills	District Focus and Resources
<input type="checkbox"/> 3.28 Follow rules, procedures, and etiquette. (TEKS/SE)(3.7A)	Gym Rules
<input type="checkbox"/> 3.29 Persevere when not successful on the first try in learning movement skills. (TEKS/SE)(3.7B)	Push Ball
<input type="checkbox"/> 3.30 Accept and respect differences and similarities in physical abilities of self and others. (TEKS/SE)(3.7C)	Line it up Kickball