Queen of Angels Catholic School
Physical Education Grade 3 Curriculum

Student Name_____

Big Ideas are indicted in bold. Related *Essential Learnings* are indicted in regular type. *PA Standards for Health, Safety, and Physical Education* are indicted with numbers.

Learning of Goals Assessed with Rubric Indictors- An "S" indicates skill Secured.
- A "D" indicates a skill is Developing

Demonstrate an awareness of the space needed to perform manipulative skills and combination movements while using a mature movement pattern: for distance and accurately at a target. (Accuracy should be at least 3 out of 5 trails.)	
10.4.3F –Recognize positive and negative interactions of small group activities	
105.3B –Recognize and describe the concept of motor skill development using appropriate vocabulary.	
• **Manipulative movements** (rolling, kicking a ball, throwing(underhanded, over handed, sidearm), bouncing, catching a ball, striking a ball using a short or long handle implement)	
• Roll a ball with balance and body control	
• Emphasize eye contact with partner and keeping eyes on ball	
• Jumping rope for at least 3 to 5 consecutive turns of a short rope and long rope without error or touching the rope.	
• Demonstrate agility skills	
• Execute correctly each of the parts of the forward roll with control in 3 of 3 trails.	
10.4.3A – Identify and engage in physical activities that promote physical fitness and health.	
10.4.3B – know the positive and negative effects of regular participation in moderate to vigorous physical activities.	
10.4.3C – Know and recognize changes in body responses during moderate to vigorous physical activity.	
• Perform a fitness test item measuring cardio respiratory fitness according to the President's Challenge Physical Fitness Program	
• Perform a fitness test item measuring flexibility according to the President's Challenge Physical Fitness Program	
• Perform a fitness test item measuring strength according to the President's Challenge Physical Fitness Program	

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