



## Curriculum Summary

### Third Grade – Health and Physical Education

Students should know and be able to demonstrate mastery in the following skills by the end of Third Grade:

- Identify and engage in physical activities that promote physical fitness and health.
- Identify reasons why regular participation in physical activities improves motor skills.
- Identify likes and dislikes related to participation in physical activities
- Recognize positive and negative interactions of small group activities: roles (e.g., leader, follower), cooperation/sharing, on task participation.
- Know and recognize changes in body responses during moderate to vigorous physical activity: heart rate and breathing rate.
- Identify foods that keep our bodies healthy.
- Recognize and use basic movement skills and concepts:
  - locomotor movements (e.g., run, leap, hop)
  - non-locomotor movements (e.g., bend, stretch, twist)
  - manipulative movements (e.g., throw, catch, kick)
  - relationships (e.g., over, under, beside)
  - combination movements (e.g., locomotor, non-locomotor, manipulative)
  - space awareness (e.g., self-space, levels, pathways, directions)
  - effort (e.g., speed, force)
- Know and describe scientific principles that affect movement and skills using appropriate vocabulary: gravity, force, production/absorption, balance, rotation.
- Recognize and describe game strategies using appropriate vocabulary.
  - faking/dodging
  - passing/receiving
  - moving to be open
  - defending space
  - following rules of play
- Identify and use principles of exercise to improve movement and fitness activities.
  - frequency/how often to exercise
  - intensity/how hard to exercise
  - time/how long to exercise
  - type/what kind of exercise

## **Compliance Statement**

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For information regarding programs, services, activities, and facilities that are accessible to and usable by handicapped persons or for inquiries regarding civil rights compliance, contact: Bear Creek Community Charter School, 30 Charter School Way, Bear Creek Township, PA 18702; or the Director of the Office of Civil Rights, Department of Health, Education and Welfare, Washington, D.C.