

Grade Level THIRD GRADE

Quarter	Content	Skills
1st	Follow Directions/Procedures/Routines	<ol style="list-style-type: none">1. learning start/stop signals2. forming squads/lines/groups
	Four Square	<ol style="list-style-type: none">1. learning basic rules2. practicing hand-eye coordination3. practicing foot-eye coordination/agility
	Spatial Awareness	<ol style="list-style-type: none">1. Recognizing personal space2. Recognizing general space3. Recognizing playing area space
	Movement Awareness	<ol style="list-style-type: none">1. Recognizing appropriate pathway2. Recognizing appropriate movement direction3. Introducing/recognizing strategies4. Recognizing appropriate pace/speed/tempo5. Performing Locomotor/Non-Locomotor skills
	Body Awareness	<ol style="list-style-type: none">1. Recognizing body control during activity2. Recognizing voice control during activity
	Fitness-Muscular	<ol style="list-style-type: none">1. Performing Push-ups2. Performing Pull-up/Chin-ups3. Performing Flexed Arm Hang4. Performing Push/Pull Activities5. Performing Abdominal Rollers6. Performing Various animal walks/crawls7. Performing Sit-ups/Crunches8. Performing Standing Broad Jump9. Performing Jump Rope skills10. Performing Leg Lifts11. Performing Various Jumps
	Fitness-Cardiovascular	<ol style="list-style-type: none">1. Performing Walking Activities2. Performing Jogging Activities3. Performing Running Activities4. Performing Short Jump Rope Activities5. Performing Long Jump Rope Activities6. Performing Step-Aerobic Activities7. Performing Obstacle Courses8. Performing Relays

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		9. Performing Fitness Games
	Fitness-Agility	<ol style="list-style-type: none">1. Performing Shuttle Run2. Performing Agility Ladder/Spots/Lines3. Performing Agility Games4. Performing Dodging/Change of Direction Activities
	Fitness-Balance	<ol style="list-style-type: none">1. Performing Various Body Balances2. Performing Left-Foot Balance3. Performing Right-Foot Balance4. Performing Various Static Balances5. Performing Various Dynamic Balances
	Fitness-Flexibility	<ol style="list-style-type: none">1. Performing Various Stretching Exercises2. Performing Sit and Reach Exercise3. Performing Non-Locomotor Skills
	Soccer	<ol style="list-style-type: none">1. Dribbling2. Trapping3. Passing4. Shooting5. Goal Keeping6. Knowing Soccer Positions7. Knowing Soccer Rules8. Knowing Soccer Strategies9. Knowing Soccer Field Markings10. Knowing Soccer Equipment
	Football	<ol style="list-style-type: none">1. Passing2. Catching3. Flag Pulling/Tagging4. Running/Dodging5. Punting6. Place Kicking7. Snapping/Hiking8. Knowing Football Positions9. Knowing Football Rules10. Knowing Football Strategies11. Knowing Football Field Markings12. Knowing Football Equipment
	Volleyball	<ol style="list-style-type: none">1. Over-Hand Serving

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		<ol style="list-style-type: none">2. Under-Hand Serving3. Bumping4. Setting
		<ol style="list-style-type: none">6. Knowing Volleyball Positions7. Knowing Volleyball Rules8. Knowing Volleyball Strategies9. Knowing Volleyball Court Markings10. Knowing Volleyball Equipment
	Basketball	<ol style="list-style-type: none">1. Dribbling2. Chest Passing3. Bounce Passing4. Overhead Passing5. Shooting6. Rebounding7. Defending8. Knowing Basketball Positions9. Knowing Basketball Rules10. Knowing Basketball Strategies11. Knowing Basketball Court Markings12. Knowing Basketball Equipment
	Softball	<ol style="list-style-type: none">1. Throwing2. Catching3. Striking/Hitting4. Base Running5. Fielding6. Knowing Softball Positions7. Knowing Softball Rules8. Knowing Softball Strategies9. Knowing Softball Field Markings10. Knowing Softball Equipment
	Floor Hockey	<ol style="list-style-type: none">1. Puck Handling2. Passing3. Shooting4. Learning Appropriate Grip and Swing5. Knowing Floor Hockey Positions6. Knowing Floor Hockey Rules7. Knowing Floor Hockey Strategies8. Knowing Floor Hockey Court9. Knowing Floor Hockey Equipment

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	Manipulative Skills	<ol style="list-style-type: none">1. Performing Scooter Games/Activities2. Performing Bean Bag Games/Activities3. Performing Hula Hoops Games/Activities5. Performing Ball Games/Activities-All Types6. Performing Deck Rings Games/ActivitiesPerforming Wand Games/Activities7. Performing Various Striking Skills<ol style="list-style-type: none">a. Using Batb. Using sticksc. Using Raquets8. Performing Scoops Games/Activities
	Cooperation Learning	<ol style="list-style-type: none">1. Performing Parachute Games/Activities2. Performing Partner Games/Activities3. Performing Team Games/Activites4. Performing Group Games/Activities5. Performing Challenge Tasks6. Performing Problem Solving Situations
	Rhythm	<ol style="list-style-type: none">1. Performing Basic Dance Steps2. Understanding Tempo/Pace3. Performing Basic Creative Movements
	Social Skills	<ol style="list-style-type: none">1. Knowing Character Education Traits<ol style="list-style-type: none">a. Respectb. Responsibilityc. Loyaltyd. Honestye. Citizenshipf. Kindnessg. Trustworthy2. Knowing Positive Behavior/Manners Traits<ol style="list-style-type: none">a. Sportsmanshipb. Fair Playc. Teamworkd. Cooperation

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		e. Safety
	Tumbling	<ol style="list-style-type: none">1. Performing Various Animal Walks2. Performing Various Stunts/Falls3. Performing Balance Beam Activities4. Performing Rolls5. Performing Various Balance Tasks

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