

STUDENT LEARNING GOALS

Skill development remains a central focus for students in grade three. Students refine, vary, and combine skills in complex situations and demonstrate more proficient movement patterns in educational game, dance, and gymnastic activities. Students identify critical elements (isolated, small parts of the whole skill or movement) and apply them in their movement. They develop fitness knowledge and can relate regular physical activity to health benefits. They know safe practices, rules, and procedures and apply them with little or no reinforcement. Students work cooperatively with peers and understand that there are many differences in movement skill and ability levels among members of their class.

WEB LINKS: Kid Safety on the internet - Slide Show - <http://www.ou.edu/oupd/inetmenu.htm>
 Nutrition Cafe - <http://www.exhibits.pacsci.org/nutrition/www.pecentral.org>

SKILLED MOVEMENT

- Apply locomotor, non-manipulative, and manipulative skills in increasingly complex movement activities.
- Demonstrate most of the critical elements (isolated, small parts of the whole skill or movement) for manipulative skills (e.g., throw and catch a variety of objects, kick to stationary and moving partners/ objects, dribble with dominant hand/foot, pass a ball to a moving partner).
- Use manipulative skills in movement combinations (e.g., perform manipulative tasks while dodging and moving in different pathways; catch a rolled ball while moving, and throw it back to a partner; develop and refine educational gymnastics sequence).
- Demonstrate moving to a rhythm (e.g., performing simple dances in various formations, developing and refining a creative educational dance sequence that repeats).
- Perform educational gymnastic sequences with at least four non-manipulative movements.

MOVEMENT PRINCIPLES AND CONCEPTS

- Apply movement principles in increasingly complex movement activities.
- Apply the principles of relationships while moving in space and using nonmanipulative and manipulative skills.
- Apply the principles of relationships when working with a partner while moving (e.g., passing a ball in front of a moving partner).

PERSONAL FITNESS

- Engage in a variety of moderate and vigorous physical activities and describe how and why the body responds to the activities (e.g., physiological changes such as sweating, increased heart rate, increased respiration).

RESPONSIBLE BEHAVIORS

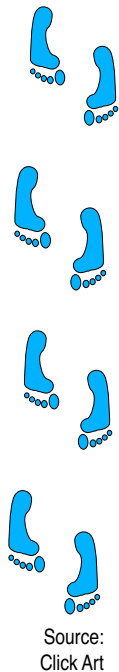
- Demonstrate an understanding of the purpose for rules, procedures, etiquette, and respectful behaviors while in various physical activity settings.
- Demonstrate independence and good use of time while practicing physical activity.
- Provide input into establishing rules and guidelines for behavior in physical activity settings.
- Work cooperatively with peers.

PHYSICALLY ACTIVE LIFESTYLE

- Identify and participate in regular physical activities to improve skills and personal health.
- Select and participate in physical activities during unscheduled times at home, at school, or in the community.
- Identify one physical activity that he/she participates in regularly for fitness, enjoyment, and/or social interaction.

INSTRUCTIONAL FOCUS

- Fitness Activities
- Locomotor/Non-Locomotor
- Skill Development
- Motor Learning Concepts
- Rhythmical Activities
 - Dance
 - Creative dramatics
 - Manipulative routines
- Manipulative Activities
- Team/Individual Sports
 - Soccer
 - Basketball
 - Volleyball
 - Gymnastics
 - Track and Field
 - Tennis
 - Football
 - Hockey
 - Softball
- Lifetime Leisure Activities
 - Golf
 - Bowling
 - Badminton
 - Handball
- Integrated Content Activities/ Cross Curriculum
- Multicultural Activities
- Cooperative Activities
- Seasonal/Thematic Activities
- Adaptive Physical Education



FAMILY FITNESS AND FUN

"PRAISE AND PLAY EVERY DAY"
 Enjoy activity time together.
 Practice P. E. skills together.
 Walk/Exercise together.
 Eat healthy to be healthy.
 Turn chores into family fun activities.
 Utilize community resources
 School tracks/playgrounds
 Local parks
 Youth sports programs
 Attend sporting events together:
 Local middle/high school
 College/Professional

BENEFITS OF EXERCISE/ACTIVITY

Physical activity performed with proper frequency, intensity and duration can:

- promote cognitive function and sensory stimulation for optimal growth and development
- improve the functions of the central nervous, skeletal, muscular, cardiovascular, and metabolic systems
- prevent the onset of some diseases and delay the negative effects of aging
- improve perceptual motor development
- enhance self concept, self esteem and social competence.

ENRICHMENT PROGRAMS

Fitness Education
 "Star Track"
 ACES (All Children Exercising Simultaneously) World-wide
 Early Morning Workout
 Fitness Fridays
 Jogging Programs:
 Read and Run
 All Star (Walking with the Principal)
 Jingle Bell Run

Heart Power (AHA)

O.K. Kids Program

Safety Awareness

Playground Safety
 Bicycle Safety

Annual Programs

Success Week
 Family Fun/Fitness Night
 Five A Day
 County Events
 Field Day
 Tournaments (in school)

Community/Business Partnerships

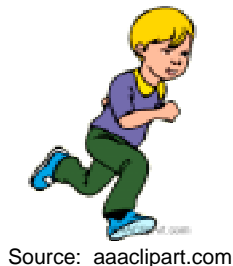
Activity Clubs

Fitness
 Dance
 Sports

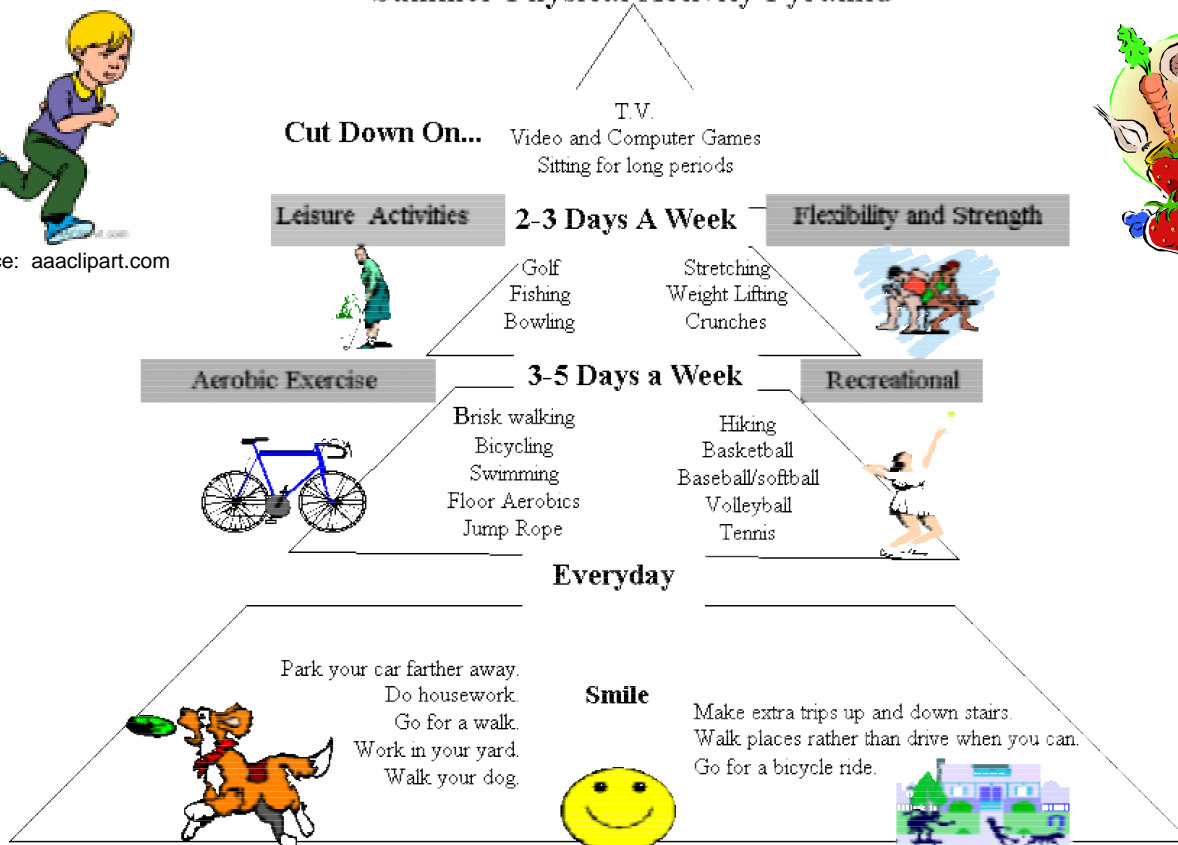


Source: <http://www.americanheart.org/>

Summer Physical Activity Pyramid



Source: aacclipart.com



Franklin Community Health Network and Physical Education Task Force of the Healthy Community Coalition

Source: <http://www.fchn.org/hcc/hccsummer.htm>