

## ASD Academic Plan

### Physical Education: 3<sup>rd</sup> Grade

<b>Grade Level: 3<sup>rd</sup> grade</b>	<b>Course Description:</b> This course provides a positive learning environment in which all children can experience a sequentially based and developmentally appropriate physical education program. The concepts of lifelong movement skills and wellness are organized thematically by “strands” and “skill/concepts” within each strand. At each grade level, students build upon skills learned at previous levels.
<b>Length: Year</b>	
<b>Prerequisites: None</b>	
<b>Repeatable for additional credits: N/A</b>	

### Year At a Glance

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
Establish Routines/Learning Environment	Rolling/Weight Transfer	Outdoor Winter Activities	Kicking & Punting
Chasing & Fleeing	Jumping/Landing/Balance	Volleying/Striking	Dribbling
Traveling	Dribbling – Hand	Creative & Sequenced Dance	Striking
Dribbling – Feet	Throwing & Catching	Rhythms with Implements	Throw/Catch
Kicking/Punting	Adventure Education/Initiatives	Fitness Concept: Strength	Jump/Land/Travel
Fitness Concept: Cardiovascular	Native Youth Olympics	Optional – to be determined at each site, as appropriate	Fitness Concepts
Optional – to be determined at each site, as appropriate	Fitness Concept: Flexibility/Coordination/Agility		Optional – to be determined at each site, as appropriate
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\*\*Quarterly Essential Concepts are required to be completed by the end of the term indicated. Weekly pacing may vary due to the equipment, facilities, and/or available community resources.