

Brazosport Independent School District
3rd Grade Physical Education
 2012- - 2013

Nine Week Period	Content Topics	CCRS	TEKS	TEKS Elaboration	Resources	Notes
Throughout the Year	Safety & Rules		3.1E 3.5A 3.5B 3.5C 3.5D 3.6B	(E) demonstrate proper body alignment in lifting, carrying, pushing, and pulling; (A) use equipment safely and properly; (B) select and use proper attire that promotes participation and prevents injury; (C) identify and apply safety precautions when walking, jogging, and skating in the community such as use sidewalks, walk on the left side of street when facing traffic, wear lights/reflective clothing, and be considerate of other pedestrians; and (D) identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cool-down activities. (B) explain the importance of basic rules in games and activities.		
Throughout the Year	Health & Nutrition		3.4A 3.4B 3.4C 3.4D	(A) describe the long term effects of physical activity on the heart; (B) distinguish between aerobic and anaerobic activities; (C) identify foods that increase or reduce bodily functions; and (D) identify principles of good posture and its impact on physical activity.		
Throughout the Year	Social Development		3.6A 3.6B 3.7A 3.7B 3.7C	(A) identify components of games that can be modified to make the games and participants more successful; and (B) explain the importance of basic rules in games and activities. (A) follow rules, procedures, and etiquette; (B) persevere when not successful on the first try in learning movement skills; and (C) accept and respect differences and similarities in physical abilities of self and others.		

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1st Nine Weeks	Movement (2 weeks)		3.1A 3.1B	(A) travel in forward, sideways, and backwards and change direction quickly and safely in dynamic situations; (B) demonstrate proper form and smooth transitions during combinations of fundamental locomotor and body control skills such as running and jumping safely in dynamic situations;		
1st Nine Weeks	Field Sports 1 st Semester (3-4 weeks)		3.1C 3.1J 3.2B	(C) demonstrate mature form in jogging, running, and leaping (J) demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick such as position your side to the target. (B) know that practice, attention and effort are required to improve skills.		
2nd Nine Weeks	Cooperative Movement (Dance) (3-4 weeks)		3.1H 3.1I	(H) clap echoes in a variety of one measure rhythmical patterns; (I) demonstrate various step patterns and combinations of movement in repeatable sequences; and		
2nd Nine Weeks	Court Sports – 1 st Semester (3-4 weeks)		3.1A 3.1J 3.2A 3.2B	(A) travel in forward, sideways, and backwards and change direction quickly and safely in dynamic situations; (J) demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick such as position your side to the target. (A) identify similar positions in a variety of movements such as straddle positions, ready position, and bending knees to absorb force; and (B) know that practice, attention and effort are required to improve skills.		

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3 rd Nine Weeks	Cardio Fitness (Fitnessgram) (6 weeks)		3.1C 3.2B 3.3B 3.3D	(C) demonstrate mature form in jogging, running, and leaping; (B) know that practice, attention and effort are required to improve skills. (B) participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration; (D) lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping; and		
3 rd Nine Weeks	Field Sports – 2 nd Semester (3-4 weeks)		3.1C 3.1J 3.2B	(C) demonstrate mature form in jogging, running, and leaping; (J) demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick such as position your side to the target. (B) know that practice, attention and effort are required to improve skills.		
4 th Nine Weeks	Court Sports 2 nd Semester (3-4 weeks)		3.1A 3.1J 3.2A 3.2B	(A) travel in forward, sideways, and backwards and change direction quickly and safely in dynamic situations; (J) demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick such as position your side to the target. (A) identify similar positions in a variety of movements such as straddle positions, ready position, and bending knees to absorb force; and (B) know that practice, attention and effort are required to improve skills.		

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4 th Nine Weeks	<u>Leisure Sports</u> (6 weeks)		3.1D 3.1F 3.1G 3.3A 3.3C 3.3E	(D) demonstrate moving in and out of a balanced position with control; (F) demonstrate control and appropriate form such as curled position and protection of neck in rolling activities such as forward roll, shoulder roll, and safety rolls; (G) transfer on and off equipment with good body control such as boxes, benches, stacked mats, horizontal bar, and balance beam; (A) describe and select physical activities that provide for enjoyment and challenge; (C) participate in appropriate exercises for developing flexibility; (E) identify opportunities for participation in physical activity in the community such as little league and parks and recreation.		