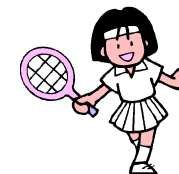


Highcroft Drive Elementary School Physical Education 2005-2006 Third Grade Pacing Guide



First Quarter (* Major Assessment)

Establish learning environment
(3.2.1)

Hand Dribble
(3.3.1)

Basketball Passing
(3.3.1)

*Demonstrate and verbalize 3-4 of the essential elements of a chest pass using a smooth and continuous motor pattern.
(3.3.1)

Striking (volleyball lead-up skills)
(3.3.1)

*Demonstrate and verbalize 3-4 of the essential elements of striking a beach ball underhand in a smooth and continuous motor pattern.
(3.3.1)

Second Quarter (* Major Assessment)

Fitness Testing
(3.1.1), (3.1.2)

*Complete all of the components of a health related fitness assessment.
(3.1.1)

*Demonstrate warm-up and cool down procedures.
(3.1.2)

Throwing and catching
(3.3.1)

*Demonstrate and verbalize 3-4 of the essential elements of catching and throwing in a smooth and continuous motor sequence.
(3.3.1)

Weight transfer, balance and traveling
(3.3.4)

Third Quarter (* Major Assessment)

Weight transfer, balance and traveling
(3.3.4)

*Demonstrate a sequence of 3-4 skills demonstrating control in traveling, weight transfer and balancing activities.
(3.3.4)

*Demonstrate American and International folk dances .
(3.3.2)

Jump rope/Tinikling
(3.3.3)

*Demonstrate movement sequences to a rhythmic beat while manipulating objects.
(3.3.3)

Participate in Jump Rope For Heart

Hockey stick handling
(3.3.1)

Fourth Quarter (* Major Assessment)

Striking with paddles/racquets
(3.3.1)

*Demonstrate and verbalize 3-4 of the essential elements of striking in a smooth and continuous motor sequence.
(3.3.1).

Kicking and other soccer skills
(3.3.1)

*Demonstrate and verbalize 3-4 of the essential elements of kicking a rolled ball in a smooth and continuous motor sequence.
(3.3.1).

Chasing and Fleeing games
(3.31)

Participate in Field Day

Ongoing

Demonstrate appropriate warm-up and cool down procedures. (3.1.2)
Identify and utilize positive behaviors and comments to use during play situations. (3.2.1)
Use critical cues to help others improve a motor skill. (3.4.1)