



Woodridge Third Grade PE Year at a Glance (YAG)



First Semester		Second Semester	
1st Nine Weeks – 40 days (August 20 th – October 16 th) (September 3 rd – Labor day – No School) (October 8 th – Staff Development)		3rd Nine Weeks – 45 days (January 7 th – March 19 th) (January 21 st – MLK – No School) (March 11 th – 15 th – Spring Break)	
TEKS 3.1 ABC 3.1 BCD 3.1 J 3.2 B 3.1 BHI 3.1 ABC 3.3 B 3.5 ABD 3.7 AC 3.3 C 3.4 AB	Units Locomotor Skills: reinforcement of all locomotor skills Body Management: jumping and landing safety Manipulatives: rolling, bouncing, throwing, catching and kicking Rhythms/Dance: ribbons/streamers, individual and long jump rope Movement Concepts: personal space, boundaries, start/stop, levels of movement, pathways, speed/tempo, directions and Pacer Test Safety: gym and playground rules, water, restroom and emergency procedures Social: demonstrates responsible behavior, self direction and cooperation with others, uses all equipment safely Health & Body: identify major bones and muscles, understand the concept of pacing during cardiovascular activities	TEKS 3.1 ABCDE 3.7 A 3.1 DEFG 3.1 J 3.6 AB 3.1 HI 3.1 C 3.7 B 3.5 ABC 3.6 B 3.7 AC 3.3 ABCDE	Units Locomotor Skills: combinations of different skills performed at varying directions and speeds Body Management: moving in and out of balanced positions with control and appropriate form (stunts and rolls) Manipulatives: introduce a variety of individual/dual activities Rhythms/Dance: demonstrates simple combinations in dances or other rhythmical activities Movement Concepts: strategies to increase speed, agility and coordination (circuit training) Safety: Bike Rodeo safety Social: uses good conflict resolution strategies in game play situations Health & Body: identifies strengths/weaknesses and formulates personal fitness goals based on the fitness assessments
2nd Nine Weeks – 43 days (October 17 th – December 21 st) (November 19 th – 23 rd – Thanksgiving Break) (December 24 th – January 4 th – Holiday Break)		4th Nine Weeks – 45 days (March 20 th – May 23 rd) (April 19 th – Good Friday – No School) (April 26 th – Battle of Flowers – No School) (May 27 th – Memorial Day – No School)	
TEKS 3.1 ABC 3.6 AB 3.7 A 3.1 FGJ 3.1 J 3.2 B 3.1 HI 3.3 AD 3.4 B 3.4 AB 3.5 ABCD 3.7 ABC 3.3 BCD	Units Locomotor Skills: chasing and fleeing Body Management: applies skills such as rolling, jumping, throwing, catching, and striking using correct body alignment in lead up games. Manipulatives: striking with short and long-handed implements against the wall and to a partner Rhythms/Dance: group fitness and Drum Fit Movement Concepts: understands what an “aerobic” activity is and can identify various ones. Safety: equipment, climbing and exercise safety Social: regularly encourages others with positive behaviors and comments Health & Body: completes a modified version of a health-enhancing personal fitness assessment	TEKS 3.1 E 3.1 DEFG 3.1 J 3.6 AB 3.1 I 3.1 E 3.3 D 3.4 D 3.5 ABCD 3.6 AB 3.7 ABC 3.4 ABCD	Units Locomotor Skills: proper form and body alignment while lifting, carrying, pushing or pulling heavier objects Body Management: all aspects of balance both static and dynamic Manipulatives: introduce a variety of individual/dual activities Rhythms/Dance: creates and performs a small group dance routine Movement Concepts: basic resistance training techniques Safety: sun and water Social: accomplishes group goals in both cooperative and competitive situations Health & Body: understands how behaviors can lead to a healthy lifestyle