

**Grace Christian Academy
Course Description**

Course Title: 3rd Grade Physical Education
Course Length: Full Year

Class Meetings (Per Week): 2x-40 min. classes
Curriculum: Teacher Created; Missouri Physical Education Checklist

General Course Description: GCA physical education classes promote an enjoyment and appreciation of physical activity, while developing physical strength, endurance and developmental skills with a Christian focus on developing their body as the temple of the Holy Spirit.

Biblical Principles:

God needs our bodies to be strong to do His will. (Proverbs 3:7)

We are to treat our bodies as God's temple. (I Corinthians 3:16)

We are instructed to always do our best and never give up. (I Corinthians 9:24)

God promises us strength and endurance if we wait on Him. (Isaiah 40:30)

General Course Content:

1st Quarter:

Develop body awareness, loco motor, and non-loco motor skills.

Increase fitness levels and improve cardiovascular fitness, strength, and agility in preparation for Fall physical fitness testing: 1 mile run, sit & reach, sit ups, flexed arm hang, pull ups & shuttle run

Low-moderate organizational games: dodge ball, soccer, prison ball & kick ball

2nd Quarter:

Develop body rhythm, movement skills, improve body strength and agility, improve endurance, and improve cardiovascular fitness.

Rhythmic activities: Learn Jewish dance to be performed at Succoth celebration

Perform exercises: sit-ups, jumping jacks, stretches, and running laps

Running/walking activities

Play low-moderate organized games: Basketball Unit, Jump Rope activities

3rd Quarter:

Improve physical skill performance, conditioning, body awareness, flexibility & agility

Play various low to moderate organized games

Participate in parachute, hula hoop, and jump rope activities

Continue to develop basketball and soccer skills and drills

4th Quarter:

Increase overall cardiovascular fitness, flexibility, strength, and agility in preparation for Spring physical fitness testing: 1 mile run, sit & reach, sit ups, flexed arm hang, pull ups and shuttle run

Play low-moderate organizational games: softball, and Capture the Flag

Related Student Objectives/Learner Outcomes:

The student will learn to:

1. Demonstrate most of the critical elements for manipulatives skills (e.g., throw & catch a variety of objects, kick to stationary & moving partners/objects, dribble with dominant hand/foot, pass a ball to a moving partner).
2. 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 sequences).
3. Demonstrate moving to a rhythm (e.g., performing simple dances in various formations, developing and refining a creative educational dance sequence that repeats). (Succoth)
4. Identify the historical and cultural origin of various international folk dances. (Succoth)
5. Apply the movement principles of relationships while moving in space and using non-manipulative and manipulative skills.
6. Apply the principles of relationships when working with a partner while moving (e.g., passing a ball in front of a moving partner).
7. 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).
8. Recognize appropriate warm-up, cool-down and flexibility activities and the importance of each to injury prevention.
9. Identify the major structures and functions of the circulatory, respiratory, muscular and skeletal systems and relate them to the development of a healthy body.
10. Demonstrate independence and good use of time while practicing physical activity
11. Understand of the purpose of rules, procedures, etiquette and respectful behaviors.
12. Identify and participate in regular physical activities to improve skills and personal health.
13. Select physical activity regularly for fitness, stress management, enjoyment & social interaction
14. Understand and express appreciation of fitness concepts, learn joy in movement
15. Dance the steps and develop skills in order to perform an Israeli Dance at Succoth
16. Demonstrate skills in low organizational games i.e.: kickball, throwing a ball, jump rope, skipping and catching a ball
17. Demonstrate strength and muscular endurance by completing physical fitness sit-up test, arm hang for girls and pull ups for boys
18. Demonstrate cardio respiratory fitness by completing the one mile run during fitness testing.
19. Demonstrate agility by completing the shuttle run during fitness testing.
20. Demonstrate flexibility by participating in the sit n' reach during fitness testing.

Presentation Methods:

- Teacher Instruction and modeling
- Student Demonstration

Evaluation and Grading Methods:

- Teacher evaluation
- Physical fitness testing
- Teacher observation both individual skill and group situations
- Class participation
- Grading Scale:

E = Exceeds Expectations
M = Meets Expectations
N = Needs Further Development

+ = Commendable
√ = Acceptable
— = Area of Concern

Enrichment and /or Supplemental Activities:

- Succoth Celebration Dance Participation
- Field Day Participation
- Field Trips: Bowling, Roller Skating, etc.
- After School Sports and Enrichment programs
- GCA Soccer and Basketball Teams
- GCA Track and Cross Country Teams