



Woodridge Third Grade PE Year at a Glance (YAG)



First Semester		Second Semester	
1 st Nine Weeks – 40 days		3 rd Nine Weeks – 45 days	
<p>TEKS 3.1ABC</p> <p>3.1BCD</p> <p>3.1J 3.2B</p> <p>3.1BHI</p> <p>3.1ABC 3.3B</p> <p>3.5ABD</p> <p>3.7AC</p> <p>3.3C 3.4AB</p>	<p style="text-align: center;">Units</p> <p>Locomotor Skills: reinforcement of all locomotor skills</p> <p>Body Management: jumping and landing safety</p> <p>Manipulatives: rolling, bouncing, throwing, catching and kicking</p> <p>Rhythms/Dance: ribbons/streamers, individual and long jump rope</p> <p>Movement Concepts: personal space, boundaries, start/stop, levels of movement, pathways, speed/tempo, directions and Pacer Test</p> <p>Safety: gym and playground rules, water, restroom and emergency procedures</p> <p>Social: demonstrates responsible behavior, self direction and cooperation with others, uses all equipment safely</p> <p>Health & Body: identify major bones and muscles, understand the concept of pacing during cardiovascular activities</p>	<p>TEKS 3.1ABCDE 3.7A</p> <p>3.1DEFG</p> <p>3.1J 3.6AB</p> <p>3.1HI</p> <p>3.1C 3.7B</p> <p>3.5ABC</p> <p>3.6B 3.7AC</p> <p>3.3ABCDE</p>	<p style="text-align: center;">Units</p> <p>Locomotor Skills: combinations of different skills performed at varying directions and speeds</p> <p>Body Management: moving in and out of balanced positions with control and appropriate form (stunts and rolls)</p> <p>Manipulatives: introduce a variety of individual/dual activities</p> <p>Rhythms/Dance: demonstrates simple combinations in dances or other rhythmical activities</p> <p>Movement Concepts: strategies to increase speed, agility and coordination (circuit training)</p> <p>Safety: Bike Rodeo safety</p> <p>Social: uses good conflict resolution strategies in game play situations</p> <p>Health & Body: identifies strengths/weaknesses and formulates personal fitness goals based on the fitness assessments</p>
2 nd Nine Weeks – 43 days		4 th Nine Weeks – 45 days	
<p>TEKS 3.1ABC 3.6AB 3.7A</p> <p>3.1FGJ</p> <p>3.1J 3.2B</p> <p>3.1HI 3.3AD 3.4B</p> <p>3.4AB</p> <p>3.5ABCD</p> <p>3.7ABC</p> <p>3.3BCD</p>	<p style="text-align: center;">Units</p> <p>Locomotor Skills: chasing and fleeing</p> <p>Body Management: applies skills such as rolling, jumping, throwing, catching, and striking using correct body alignment in lead up games.</p> <p>Manipulatives: striking with short and long-handed implements against the wall and to a partner</p> <p>Rhythms/Dance: group fitness and Drum Fit</p> <p>Movement Concepts: understands what an “aerobic” activity is and can identify various ones.</p> <p>Safety: equipment, climbing and exercise safety</p> <p>Social: regularly encourages others with positive behaviors and comments</p> <p>Health & Body: completes a modified version of a health-enhancing personal fitness assessment</p>	<p>TEKS 3.1E</p> <p>3.1DEFG</p> <p>3.1J 3.6AB</p> <p>3.1I</p> <p>3.1E 3.3D 3.4D</p> <p>3.5ABCD</p> <p>3.6AB 3.7ABC</p> <p>3.4ABCD</p>	<p style="text-align: center;">Units</p> <p>Locomotor Skills: proper form and body alignment while lifting, carrying, pushing or pulling heavier objects</p> <p>Body Management: all aspects of balance both static and dynamic</p> <p>Manipulatives: introduce a variety of individual/dual activities</p> <p>Rhythms/Dance: creates and performs a small group dance routine</p> <p>Movement Concepts: basic resistance training techniques</p> <p>Safety: sun and water</p> <p>Social: accomplishes group goals in both cooperative and competitive situations</p> <p>Health & Body: understands how behaviors can lead to a healthy lifestyle</p>