Scope and Sequence - Grade 3

Content Area: **Physical Education**
Course(s): **Gifted and Talented, Physical Education**
Time Period: **Full Year**
Length: **Length of the Course**
Status: **Published**

Course Overview

Through the third grade talented physical education program, students will learn strategies to take control of their own personal fitness. They will start the year with assessing their current fitness levels, setting measurable goals, developing a training plan that will support those goals, and then measuring their progress toward their goals. Students will be expected to maintain a fitness log to track their progress. In the second half of the year, students will learn how to develop activities and lessons that help others become more physically fit. Students will survey their peers to understand the type of activities students enjoy, research strategies for engaging students in physical activities, and develop a lesson which they will present to their peers. Students will meet as a class once a week, every other week, but will work toward implementing their personal fitness goals outside of the classroom as well as during class.

Scope and Sequence

Order of the Unit	Title of the Unit	Time Frame
Unit 1	Physical Fitness Assessment	Marking Periods 1 & 2
Unit 2	Lesson Designing	Marking Periods 3 & 4

Date of Board Approval

This curriculum was approved by the Green Brook Board of Education on