

Third Grade Physical Education Pacing Guide

August 2015

1 st Nine Weeks	2 nd Nine Weeks	3 rd Nine Weeks	4 th Nine Weeks
<p>SOL 3.1</p> <ul style="list-style-type: none"> • Toss and catch to self • Kick to target • Dribble a soccer ball with dominant foot • Dribble a basketball with dominant hand • Dodge in small groups • Catch a rolled ball while moving <p>SOL 3.2</p> <ul style="list-style-type: none"> • Non-manipulative skills while moving <p>SOL 3.3</p> <ul style="list-style-type: none"> • Warm up activities in P.E. class <p>SOL 3.4</p> <ul style="list-style-type: none"> • Make up rules and develop responsible behaviors <p>SOL 3.5</p> <ul style="list-style-type: none"> • Regular physical activity during P.E. class three days a week 	<p>SOL 3.1</p> <ul style="list-style-type: none"> • Throw and catch to partner • Tossing and throwing to a target • Dribble a soccer ball with non-dominant foot • Dribble a basketball with non-dominant hand while moving • Basic gymnastics tumbling sequences • Simple dance steps without music <p>SOL 3.2</p> <ul style="list-style-type: none"> • Manipulative skills while moving <p>SOL 3.3</p> <ul style="list-style-type: none"> • Warm up activities in P.E. class <p>SOL 3.4</p> <ul style="list-style-type: none"> • Responsible behavior <p>SOL 3.5</p> <ul style="list-style-type: none"> • Regular physical activity during P.E. class three days a week 	<p>SOL 3.1</p> <ul style="list-style-type: none"> • Throw to moving target • Kick to moving partner • Dodge opponents while dribbling soccer ball • Simple dance steps with music <p>SOL 3.2</p> <ul style="list-style-type: none"> • Principles of relationships with a partner <p>SOL 3.3</p> <ul style="list-style-type: none"> • Warm up activities in P.E. Class <p>SOL 3.4</p> <ul style="list-style-type: none"> • Responsible behavior <p>SOL 3.5</p> <ul style="list-style-type: none"> • Regular physical activity during P.E. class three days a week 	<p>SOL 3.1</p> <ul style="list-style-type: none"> • Throwing at a target while moving • Strike a ball off of a tee <p>SOL 3.2</p> <ul style="list-style-type: none"> • Movement principles and concepts continued <p>SOL 3.3</p> <ul style="list-style-type: none"> • Warm up activities in P.E. class <p>SOL 3.4</p> <ul style="list-style-type: none"> • Responsible behavior <p>SOL 3.5</p> <ul style="list-style-type: none"> • Regular physical activity during P.E. class three days a week