

Course Description:

Physical Education 3 (1 of 2) provides instruction on a variety of movements and physical activities. The course covers running, skipping, hopping, and leaping, with an emphasis on good form, balance, and gymnastic sequences. Topics include the effects of physical activity on the body. Other topics include nutrition, quality food, reading nutrition labels, ways to strengthen specific muscle groups, and the importance of warming up and cooling down. The course also offers instruction in basketball.

Course Objectives:

- Perform and transition between locomotor movements.
- Identify and describe how to perform and transition between balance movements and weight transfers.
- Perform exercises that stretch and strengthen different muscles in the body.
- Analyze parts of a food's nutrition label as they relate to being healthy.
- Identify and describe exercises that could be used to stretch, warm-up, and cool down.
- Engage in physical activity safely and independently, using proper equipment.
- Participate in and track physical activity outside of school.
- Demonstrate and discuss ways to show social responsibility while participating in physical activities.
- Explain the importance of being physically active, and give examples of ways to be active.
- Describe the elements and skills needed to participate in a basketball game.
- Discuss and describe exercises that stretch and strengthen different groups of muscles.
- Describe different ways to pass a ball to both a moving or a stationary partner.
- Explain the importance of rules, safe behavior, and using equipment properly during physical activities.

Required Materials:

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- basketball
- basketball hoop
- chair
- cones
- jump rope
- large ball that bounces
- pencil
- printables (see Course Syllabus for link)
- printer and printer paper (for printables)
- recording device
- stopwatch

Optional:

- chalk
- cones
- tape

Course Overview:

This course is made up of six units. Each unit has three lessons. Lessons are made of up activities that include these types of learning:

- **Warm-Ups** allow for practice of skills or concepts taught in previous lessons. These are graded activities.
- **Instruction** activities provide modeling of new skills and concepts. These are not graded activities.
- **Practice** activities allow for practice of a skill without support. These are graded activities.
- **Checkpoints** test mastery of skills from lessons. These are graded activities.
- **Projects** provide an opportunity for practice of more complex skills across several activities or lessons within a unit. These activities require a final graded submission.