



# Grade 3 Curriculum Map

## PE

Month	Theme	Content Areas	Strategies/Best practices use to teach the skills and concepts	How students will demonstrate their understanding	Resources for this Unit	British Columbian Curriculum Standards Learning Outcomes	Expected Student Learning Results
<b>April</b>	Athletics (Sports Day preparation) (outside)  Circuit Training (inside)	Relay races Sprint race Ball toss/catch	Individual and team races.	Students can; -complete races -participate in team games	Batons Cones Balls Sacks  Hula Hoops Gymnastic Benches Jump rope	<ul style="list-style-type: none"> <li>▪ Active Living – Participation</li> </ul> A5  <ul style="list-style-type: none"> <li>▪ Movement Skills</li> </ul> B1 – B4  <ul style="list-style-type: none"> <li>▪ Safety, Fair Play &amp; Leadership</li> </ul> C1 – C3	1 a & d, 2 a & b, 4 b.
<b>May</b>	Athletics (Sports Day preparation) (outside)  Circuit Training (inside)	Relay races Sprint race Ball toss/catch	Individual and team races.	Students can; -complete races -participate in team games	Batons Cones Balls Sacks  Hula Hoops Gymnastic Benches Jump rope	<ul style="list-style-type: none"> <li>▪ Active Living – Participation</li> </ul> A5  <ul style="list-style-type: none"> <li>▪ Movement Skills</li> </ul> B1 – B4  <ul style="list-style-type: none"> <li>▪ Safety, Fair Play &amp; Leadership</li> </ul> C1 – C3	1 a & d, 2 a & b, 4 b.
<b>June</b>	Softball (outside)  Dodgeball (inside)  Swimming (at Central)	Throwing, catching and striking a small ball	Pair, small sided and whole class games Pair and small group drills	Students can; -throw a ball underarm -hit a ball with a bat  -throw a ball overarm	Bats Balls Cones	<ul style="list-style-type: none"> <li>▪ Active Living – Participation</li> </ul> A5  <ul style="list-style-type: none"> <li>▪ Movement Skills</li> </ul> B1 – B4  <ul style="list-style-type: none"> <li>▪ Safety, Fair Play</li> </ul>	1 a & d, 2 a & b, 4 b.



						B1 – B4 <ul style="list-style-type: none"> <li>▪ Safety, Fair Play &amp; Leadership</li> </ul> C1 – C3	
<b>December</b>	Touch Rugby (inside and outside)	Able to hold ball correctly, pass and catch a rugby ball.	Pair, small sided and whole class games Pair and small group drills	Students can; -throw and catch a ball	Rugby balls Cones Tags and belts	<ul style="list-style-type: none"> <li>▪ Active Living – <i>Participation</i></li> </ul> A5  <ul style="list-style-type: none"> <li>▪ Movement Skills</li> </ul> B1 – B4  <ul style="list-style-type: none"> <li>▪ Safety, Fair Play &amp; Leadership</li> </ul> C1 – C3	1 a & d, 2 a & b, 4 b.
<b>January</b>	Cross country running (outside)  Netball (inside)	To be able to distance run.  Able to pass and catch, plus can shoot accurately at a target (goal).	Short, small circuit training style activities followed by distance runs.  Pair, small sided and whole class games Pair and small group drills	Students can -run without having to stop and walk (pace themselves).  Students can; -throw and catch a ball -shoot ball at a target (basket/net)	Tennis balls Hula hoops Cones  Net Balls Cones	<ul style="list-style-type: none"> <li>▪ Active Living – <i>Participation</i></li> </ul> A5  <ul style="list-style-type: none"> <li>▪ Movement Skills</li> </ul> B1 – B4  <ul style="list-style-type: none"> <li>▪ Safety, Fair Play &amp; Leadership</li> </ul> C1 – C3	1 a & d, 2 a & b, 4 b.
<b>February</b>	Handball (outside)  Benchball (inside)	Able to pass and catch, plus can shoot accurately at a target (goal).	Pair, small sided and whole class games Pair and small group drills	Students can; -throw and catch a ball -shoot ball at a target (basket/net)	Balls Cones Goals  Gymnastic benches	<ul style="list-style-type: none"> <li>▪ Active Living – <i>Participation</i></li> </ul> A5  <ul style="list-style-type: none"> <li>▪ Movement Skills</li> </ul> B1 – B4  <ul style="list-style-type: none"> <li>▪ Safety, Fair Play &amp; Leadership</li> </ul> C1 – C3	1 a & d, 2 a & b, 4 b.

<b>March</b>	Field Hockey (inside and outside)	Students are able to pass, move with, stop and shoot at a goal using hockey stick (and ball).	Pair, small sided and whole class games Pair and small group drills	Students can: -throw and catch a ball -shoot ball at a target (basket/net)	Hockey sticks Balls Goals Cones	<ul style="list-style-type: none"> <li>▪ Active Living – <i>Participation</i> A5</li> <li>▪ Movement Skills B1 – B4</li> <li>▪ Safety, Fair Play &amp; Leadership C1 – C3</li> </ul>	1 a & d, 2 a & b, 4 b.
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### Overall aims for the Grade Three PE Program of Study

Pupils should be able to;

- run, jump, throw and catch in isolation and in combination.
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.
- develop flexibility, strength, technique, control and balance (for example through athletics).
- take part in outdoor and adventurous activity challenges both individually and within a team.
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Over the course of the school year PE classes will be directed by the following ESLRs;

1. AIS is preparing 'global minded' students that;
  - d. Enjoy learning, have a good attitude towards learning in all subjects and who demonstrate a desire to learn and understand.
2. AIS students develop a respect for themselves and others by;
  - a. Co-operating and working together on academic and non-academic group projects.
  - b. Demonstrating a positive attitude, enthusiasm and active participation.
4. At AIS students develop a healthy self-confidence;
  - a. By showing they are prepared to risk take and challenge themselves by trying new things.
  - b. Being motivated learners with a curiosity about the working universe around them.