

Third Grade Physical Education Curriculum Overview

The physical education program (50 min class per week) offers children a variety of creative motor experiences that promote healthy attitudes toward exercise. The physical education program offers vigorous and non-vigorous activities that build skills, strength, speed, coordination, self-confidence, and self-image. Social and emotional development is addressed through the teaching of concepts such as cooperation, problem solving, team building, fair play, and respect for human differences.

The physical education program clearly plays a vital role in the education of the whole child. Doing one's "personal best" is a theme at all grade levels. In grade three, the physical education program focuses on the transition from primary activities to the higher skill level activities of the intermediate grades. Intermediate skills are developed in movement patterns, ball activities, and fitness through team games, cooperative activities, gymnastics, and dance. Specific attention is also given towards having students understand the importance of increased cardiovascular performance.