



Semester: 1

2025 – 2026

Grade Level		GRADE 3	Subject: PE	
Teacher(s) Name		sunny		
Textbook				
Week #	Dates		Lesson Title / Pages	CCSS / NGSS Code / MOE
1	Aug.25 th	Aug.29 th	Fitness: PE rules, The Importance of Physical Education for the Human Body" "The Importance of Wearing Sportswear"	3.5 Demonstrate proper form for stretching the hamstrings, quadriceps, shoulders, biceps and triceps. Body Composition
2	Sept. 1 st	Sept. 5 th	Locomotor movement Skills Walking and running a) Straight line walking/running b) Zigzag	2.1 Describe how changing speed and changing direction can allow one person to move away from another.
3	Sept.8 th	Sept.12 th	Locomotor movement Skills hops, gallops, and slides using a mature pattern.	3.1 Demonstrate warm-up and cool-down exercises. 1.1 Chase, flee, and move away from others in a constantly changing environment.
4	Sept. 15 th	Sept.19 th	Locomotor movement Skills Jumping: One leg jumping, Two legs jumping Leaping	1.5 Jump continuously a forward-turning rope and a backward-turning rope.



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5	Sept.22 nd	Sept.26 th	Football Kicking the ball with the inner part of the foot	1.11 Kick a ball to a stationary partner, using the inside of the foot
6	Sept. 29 th	Oct.3 rd	Football Foot-dribble	1.14 Foot-dribble a ball continuously while traveling and changing direction.
7	Oct.6 th	Oct.10 th	Football Small game	5.6 Work in pairs or small groups to achieve an agreed-upon goal.
8	Oct.13 th	Oct.17 th	Athletics: start-up	4.6 Discuss the need for oxygen and fuel to be available during ongoing muscle contraction so that heat and waste products are removed. .
9	Oct.20 th	Oct.24 th Oct 24 End of Quarter 1	Athletics: Long jump	3.4 Perform increasing numbers of each: abdominal curl-ups, oblique curl-ups on each side, modified push-ups or traditional push-ups with hands on bench, forward lunges, side lunges, and triceps push-ups from a chair
10	Oct.27 th	Oct.31 st	Athletics: The triple Jump	1.5 Jump for distance, landing on two feet and absorbing force
11	Nov.3 rd	Nov.7 th	Athletics: Hurdling	1.5 Jump for distance, landing on two feet and absorbing force



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12	Nov.10 th	Nov.14 th	Handling equipment Front serving	Badminton	1.12 Continuously strike a ball upward using a paddle or racket.
13	Nov.17 th	Nov.21 st	Handling equipment Back serving	Badminton	1.12 Continuously strike a ball upward using a paddle or racket
14	Nov. 24 th	Nov.28 th	Badminton footwork		. 3.2 Demonstrate how to correctly lift and carry objects
15	Dec.1 st	Dec.5 th	Badminton Overhead shot		. 1.12 Continuously strike a ball upward using a paddle or racket 4.3 Explain the purpose of warming-up before physical activity and cooling-down
16	Jan 5 th	Jan 9 th	Badminton Small game		5.6 Work in pairs or small groups to achieve an agreed-upon goal.
17	Jan 5 th	Jan 9 th	Jumping rope		1.16 Jump a turned rope repeatedly
18	Jan 12 th	Jan 16 th Jan 12 th (2nd Parents Meeting K-12, non-teaching day from K-12)	Basketball Dribble Make correct dribble high dribbling + low dribbling		1.14 Hand-dribble, with control, a ball for a sustained period
19	Jan 19 th	Jan 23 rd	Basketball dribble with running		2.6 List opportunities to use an underhand and overhand movement (throw) pattern. 2