Math Department

Semester: 1 **2026-2027**

Grade Level	GRADE 3	**Subject: pe**
Teacher(s) Name	sunny	
Textbook		

Week #	Dates		Lesson Title / Pages	CCSS / NGSS Code / MOE
1	Aug 31	Sept 4	Fitness: PE rules, The Importance of Physical Education for the Human Body" "The Importance of Wearing Sportswear"	4.7 Describe the relationship of the heart, muscles, blood, and oxygen during physical activity. 4.8 Describe and record the changes in heart rate before, during, and after physical activity 3.1 Demonstrate warm-up and cool-down exercises
2	Sept 7	Sept 11	Locomotor movement Skills Walking and running a) Straight line walking/running b) Zigzag	2.1 Explain how changing speed and changing direction can allow one person to move away from another..
3	Sept 14	Sept 18	Locomotor movement Skills hops, gallops, and slides using a mature pattern.	5.4 Use appropriate movement cues and positive words of encouragement while coaching others in physical activities.
4	Sept 21	Sept 25	Locomotor movement Skills Jumping:	2.1 Explain how changing speed and changing direction can allow one person to move

			One leg jumping, Two legs jumping Leaping	away from another
5	**Sept 28**	**Oct 2**	Football Ball Familiarization Skill	1.5Roll a ball for accuracy toward a target.
6	**Oct 5**	**Oct 9**	football Foot-dribble	1.14Foot-dribble a ball continuously while traveling and changing direction.
	Oct 12	**Oct 16**	**1st Semester Break**	
7	**Oct 19**	**Oct 23**	Football kicking	1.11 Kick a ball to a stationary partner, using the inside of the foot.
8	**Oct 26**	**Oct 30**	Football Small game	5.4 Use appropriate movement cues and positive words of encouragement while coaching others in physical activities. 5.5 Demonstrate respect for individual differences in physical abilities. Group Dynamics 5.6 Work in pairs or small groups to achieve an agreed-upon goal.
9	**Nov 2**	**Nov 6**	Athletics: start-up	2.1 Explain how changing speed and changing direction can allow one person to move away from another 4.7 Describe the relationship of the heart, muscles, blood, and oxygen during physical activity. 4.8 Describe and record the changes in heart rate before, during, and after physical activity. .
10	**Nov 9**	**Nov 13**	Athletics: Long jump	2.1 Explain how changing speed and changing direction can allow one person to move

				away from another
11	**Nov 16**	**Nov 20**	Athletics: The triple Jump	2.1 Explain how changing speed and changing direction can allow one person to move away from another
12	**Nov 23**	**Nov 27**	Athletics: Hurdling	2.1 Explain how changing speed and changing direction can allow one person to move away from another
13	**Nov 30**	**Dec 4**	Handling equipment Badminton Front serving	1.12 Continuously strike a ball upward using a paddle or racket.
14	**Dec 7**	**Dec 11**	Handling equipment Badminton Back serving	2.3 Explain the difference between throwing to a stationary partner and throwing to a moving partner.
	Dec 14	**Jan 1**	**Winter Break for All Students**	
15	**Jan 4**	**Jan 8**	Badminton Overhead shot	. 1.12 Continuously strike a ball upward using a paddle or racket
16	**Jan 11**	**Jan 15**	Badminton Small game	5.6 Work in pairs or small groups to achieve an agreed-upon goal.
17	**Jan 18**	**Jan 22**	**Semester 1 Exams**	
18	**Jan 25**	**Jan 29**	**Semester 1 Exams**	