

# HUDSONVILLE PUBLIC SCHOOLS ELEMENTARY COURSE FRAMEWORK



**COURSE/SUBJECT**

**3<sup>rd</sup> Grade Physical Education**

State Standard	Content Strand	Skill	Objective	Key Concepts/ Cue Words	Materials/ Resources	Assessment
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> <li>Skip</li> </ul>	Demonstrate the step-hop movement pattern.	"Step-hop"	Music	Observations
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> <li>Run/Jog</li> <li>Pace</li> </ul>	Demonstrate the elements of form including step, push and close using preferred and non-preferred foot. Demonstrate all elements of form while running at various speeds and stopping and starting using a comparative assessment or standard.	Knee high, push of the toes, heels up, elbows bent, thumbs up, reach.	Mile Course	Students will perform a one mile test based on individual improvement and comparative assessment.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> <li>Leap</li> </ul>	Demonstrate the elements of form including step, push and close using preferred and non-preferred foot. Demonstrate all elements of form of leaping from a standing position with feet staggered, leaping off the front foot, traveling forward and landing on the opposite foot.	Step, bend, push, reach, land	Music	Observations
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> <li>Overhand Throw</li> </ul>	Demonstrate the elements of form using proper technique.	T, Twist, Throw, Follow through	Ball	Stand sideways to target. Opposite foot in front. Eyes on Target. Rotate Hips. Throw. Follow Through.

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MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> <li>Catching Fly Balls</li> </ul>	Demonstrate catching a lightweight ball using proper technique.	Thumbs in, Thumbs out	Ball	Eyes on Object. Catch with hands. Bends hands when they contact object.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> <li>Jump Rope</li> </ul>	Demonstrate the elements of form in the basic jump, forward and backward.	Turn, Wait, Jump!	Jump Rope	Jumps 3 times over the rope consecutively with rhythm and correct form.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Other Motor Skills	<ul style="list-style-type: none"> <li>Bowling</li> <li>Dance/ Creative Movement</li> <li>Mileage Club</li> </ul>	Demonstrates the appropriate motion for the subsequent motor skill.	Varies	Varies	Observations
MPECS.3, 4: A physically educated person will participate regularly in lifelong physical activity.	Physical Fitness	<ul style="list-style-type: none"> <li>Strength</li> </ul>	Students will develop a daily exercise and strength routine in the physical education class setting.	Varies	N/A	Students will perform stretch testing based on individual improvement and comparative assessment.
MPECS.3, 4: A physically educated person will participate regularly in lifelong physical activity.	Physical Fitness	<ul style="list-style-type: none"> <li>Flexibility</li> </ul>	Students will develop a daily stretching routine in the physical education class setting.	Varies	N/A	Students will perform flexibility testing based on individual improvement and comparative assessment.
MPECS.3, 4: A physically educated person will participate regularly in lifelong physical activity.	Physical Fitness	<ul style="list-style-type: none"> <li>Run</li> <li>Jog/Pace</li> <li>Skip</li> </ul>	Demonstrates the ability to sustain each activity for the desired amount of time.	Varies	N/A	Observations

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MPECS.2: A physically educated person demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	Cognitive Domain	<ul style="list-style-type: none"> <li>• Nutrition</li> <li>• Body Parts/ Functions</li> <li>• Benefits and Knowledge of</li> <li>• Physical Activity</li> </ul>	Demonstrates understanding and knowledge of the concepts of nutrition and body functions in order to maintain a healthy lifestyle.	Varies	N/A	Observation
MPECS.5, 6: A physically educated person exhibits responsible personal social behavior that respects self and others in physical activity settings.	Personal, Social Domain	<ul style="list-style-type: none"> <li>• Cooperation</li> <li>• Following Directions</li> <li>• Respect</li> <li>• Responsibility</li> <li>• Self-Control</li> <li>• Best Effort</li> <li>• Compassion</li> <li>• Constructive Competition</li> </ul>	Demonstrates an understanding of the concepts of the appropriate social skills in order to work together and care for others.			