

**MARY, QUEEN OF PEACE SCHOOL**  
Grade Level Goals and Content

**GRADE: 3**

**SUBJECT: Physical Education**

**GOALS:**

Students will:

1. demonstrate knowledge of body awareness and the body's relationship to space.
2. apply knowledge and concepts through participation in developmental games and activities.
3. demonstrate locomotor, nonlocomotor, and balance skills through manipulative activities.
4. perform skills and show knowledge in a variety of sports and lifetime activities.
5. show an appreciation for personal fitness.
6. act in accordance with safety pertaining to self and others.
7. imitate positive sportsmanship and moral behavior through participation in all activities.

**CONTENT TOPICS:**

1. Directions (right/left) with self, others, in space, and on objects
2. Low-organized games combined with locomotor patterns and manipulative skills (crab soccer, scooter scoop ball)
3. Motor skills in sequence applied to lead-up and sport's skills (soccer, kickball)
4. Proper execution of throwing, catching, striking, kicking, bouncing, jumping while using age-appropriate mechanics, force, and direction
5. Balance skills (objects on body parts)
6. Age-appropriate proficiency in fundamental team sport and life skills (basketball - dribbling, floor hockey - stick grip, volleyball - forearm pass)
7. Muscle strength, endurance, flexibility, and body composition
8. Major bones and their functions