
Coal City Unit District #1
Third Grade
Physical Education Curriculum

PE.3:1 Student will demonstrate competency in daily rules and safety precautions during physical activity. (IL 19A, 19B, 19C)

- PE.3:1-1 Participate daily in moderate to vigorous physical activity.
- PE.3:1-2 Demonstrate understanding of spatial awareness and relationships to objects and people.
- PE.3:1-3 Identify safety procedures during physical activity.
- PE.3:1-4 Show self-management skills when using equipment.

PE.3:2 Student will know and apply principles and components of health-related fitness . (IL 20A, 20B, 20C)

- PE.3:2-1 List components of health-related fitness.
- PE.3:2-2 Match the components of health-related fitness to fitness assessments.
- PE.3:2-3 Set goals based on fitness data with teacher guidance.

PE.3:3 Student will demonstrate physical competency in a variety of motor skills and movement patterns. (IL 19A, 19B, 19C)

- PE.3:3-1 Demonstrate control when combining two or more locomotor and/or non locomotor skills in a sequence.
- PE.3:3-2 Demonstrate correct body position and form while performing skill or task.
- PE.3:3-3 Demonstrate manipulation of object to change direction and distance.
- PE.3:3-4 Work cooperatively and show respect for others during group activity.

PE.3:4 Student will demonstrate personal responsibility and cooperative skills during structured group physical activities. (IL 21A, 21B)

- PE.3:4-1 Complete a task with a partner or small group in a given amount of time during group physical activity.
- PE.3:4-2 Perform independently and cooperatively when participating in group physical activity.
- PE.3:4-3 Choose between safe and unsafe practices and/or behavior.
- PE.3:4-4 Recognize the need for individual and shared goals during group physical activity.

PE.3:5 Student will participate in fitness skills and activities and monitor and assess individual goals and fitness levels. (IL 20A, 20B, 20C)

- PE.3:5-1 Participate in health-related fitness activities that will improve cardiovascular endurance, flexibility, muscular strength and muscular endurance.
- PE.3:5-2 Monitor progress of a health-related fitness goal.
- PE.3:5-3 Identify personal fitness strengths and weaknesses.