

WV CSO Curriculum Planning Tool
Third Grade Physical Education

Standard	Obj.#	Objective	Projected Date	Actual Date	Date Assessed	Date Re-Taught	Date Re-Assessed
Standard 1: Movement Forms	PE.3.1.1	throw underhand & overhand					
	PE.3.1.2	catch a moving object					
	PE.3.1.3	dribble a ball with hands from a stationary position					
	PE.3.1.4	kick to a target					
	PE.3.1.5	clockwise and counterclockwise					
	PE.3.1.6	jump to an established rhythm					
	PE.3.1.7	perform rhythmic sequences using equipment					
	PE.3.1.8	continuously strike an object					
Standard 2: Motor Skills	PE.3.2.1	kick, catch, throw, dribble with hands, jumping/landing and striking an object					
	PE.3.2.2	use specific feedback to improve performance					
Standard 3: Physical Activity	PE.3.3.1	participate in physical activity in addition to physical education class					
	PE.3.3.2	identify physical activities that bring personal enjoyment					
Standard 4: Physical Fitness	PE.3.4.1	gender and age-appropriate health-related fitness standards					
	PE.3.4.2	distinguish between physical activities that are moderate to vigorous in intensity					
	PE.3.4.3	demonstrate a procedure for monitoring heart rate					
	PE.3.4.4	recognize categories of the Physical Activity Pyramid					
	PE.3.4.5	identify the health benefits of physical activity					
Standard 5: Responsible Personal and Social Behavior	PE.3.5.1	respond appropriately in physical activity settings					
	PE.3.5.2	work independently and on a task for short periods of time					

Janet Benincosa
 jhbeninc@access.k12.wv.us