

### G3 PE Long Range Year Plan:

Grade: 3		Teacher: Miss P.E		Subject: PE	
Timing	Unit Title/ Breakdown	Content Covered	Big Idea	Resources and Materials	
10-01-17 - 10-31-17	<b>Team Sport 1: Floor Hockey</b>	<ol style="list-style-type: none"> <li>proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills</li> <li>movement concepts and strategies</li> <li>ways to monitor physical exertion levels</li> <li>different types of physical activities, including individual and dual activities, rhythmic activities, and games</li> <li>practices that promote health and well-being, including those relating to physical activity, sleep, and illness prevention</li> </ol>	<ol style="list-style-type: none"> <li>Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being.</li> <li>Movement skills and strategies help us learn how to participate in different types of physical activity.</li> <li>Adopting healthy personal practices and safety strategies protects ourselves and others.</li> </ol>	<ol style="list-style-type: none"> <li>Hockey sticks (1 per child)</li> <li>Different sizes of balls</li> <li>Cones</li> <li>Pinnies</li> <li>Foldable Nets (4)</li> </ol>	
	<ol style="list-style-type: none"> <li>Hockey Safety</li> <li>Ball handling</li> <li>Stick handling</li> <li>Moving the ball and dribbling</li> <li>Receiving ball and Passing ball</li> <li>Use of forehand and backhand</li> <li>Shooting on goal</li> <li>Group Drills</li> <li>Mini Game with no Goalie</li> <li>Scrimmage 5 vs 5 with Goalie</li> </ol>			<p><a href="http://www.specialolympicsns.ca/wp-content/uploads/2016/01/Teaching-Floor-Hockey-Skills.pdf?x16520">http://www.specialolympicsns.ca/wp-content/uploads/2016/01/Teaching-Floor-Hockey-Skills.pdf?x16520</a></p> <p><a href="https://www.pescholar.com/resource/phase/ks1/2640/floor-hockey-unit-plan-lessons/">https://www.pescholar.com/resource/phase/ks1/2640/floor-hockey-unit-plan-lessons/</a></p> <p><a href="http://www.tellurideschool.org/UserFiles/Servers/Server_4072017/File/K-12thPEUnits.pdf">http://www.tellurideschool.org/UserFiles/Servers/Server_4072017/File/K-12thPEUnits.pdf</a></p>	
	<b>Team Sport 2: Basketball</b>			<ol style="list-style-type: none"> <li>Basketballs per student</li> <li>Cones</li> <li>Pinnies</li> <li>Garbage cans</li> </ol>	
	<ol style="list-style-type: none"> <li>Holding the ball</li> <li>Foot work</li> </ol>				

11-01-17 - 11-30-17	3. Dribbling the ball 4. Dribble and move the ball 5. Directional movement with dribbling 6. Chest Pass 7. Bounce pass 8. Pivoting 9. Alternating Dribble 10. Shooting position 11. Trash can lay up 12. 3 vs 3 half court			5. Basketball Nets  <a href="http://schoolsites.schoolworld.com/schools/Lampasas/filesystem/Basketball%202-3.pdf">http://schoolsites.schoolworld.com/schools/Lampasas/filesystem/Basketball%202-3.pdf</a>  <a href="http://www.tellurideschool.org/UserFiles/Servers/Server_4072017/File/K-12thPEUnits.pdf">http://www.tellurideschool.org/UserFiles/Servers/Server_4072017/File/K-12thPEUnits.pdf</a>
12-01-17 - 12-22-17	<b>Team Sport 3: Football</b>  1. Dribbling 2. Passing 3. Trapping 4. Shooting 5. Rules of game		1.	1. Balls 2. Starting and end line  <a href="https://web.uvic.ca/~thopper/Pe352/T&amp;F352.htm">https://web.uvic.ca/~thopper/Pe352/T&amp;F352.htm</a>  <a href="https://www.google.com/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;source=web&amp;cd=3&amp;cad=rja&amp;uact=8&amp;ved=0ahUKEwi56KiM58bUAhXFbxQKHRdoDcEQFggrMAI&amp;url=http%3A%2F%2Fpaxtonenterprises.com%2Fjoe%2Fdocuments%2Fpe%2Ftrack.doc&amp;usg=AFQjCNHEWkaPsO8GP-sAYSAP5vCCO0ogJg">https://www.google.com/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;source=web&amp;cd=3&amp;cad=rja&amp;uact=8&amp;ved=0ahUKEwi56KiM58bUAhXFbxQKHRdoDcEQFggrMAI&amp;url=http%3A%2F%2Fpaxtonenterprises.com%2Fjoe%2Fdocuments%2Fpe%2Ftrack.doc&amp;usg=AFQjCNHEWkaPsO8GP-sAYSAP5vCCO0ogJg</a>

01- 01-18 - 01-21-18	<b>Individual/ Team Sport: Indigenous Games</b> <ol style="list-style-type: none"> <li>1. Qatar indigenous games</li> <li>2. Canadian Indigenous Games</li> </ol>	1.	1.	
02-04-18 - 03-31-18	<b>Strategy and Cooperative Games 1: Variety of Games</b> <ol style="list-style-type: none"> <li>1. Dodgeball               <ol style="list-style-type: none"> <li>a. Rules</li> <li>b. Throwing the ball</li> <li>c. Catching the ball</li> </ol> </li> <li>2. Capture the Flag               <ol style="list-style-type: none"> <li>a. Rules</li> <li>b. Tagging</li> <li>c. Footwork</li> <li>d. Movement</li> </ol> </li> <li>3. Circle Games</li> <li>4. Parachute Games</li> </ol>			<a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>  <a href="http://www.pegames.org/full-length">http://www.pegames.org/full-length</a>  <a href="http://www.playworks.org/playbook/games">http://www.playworks.org/playbook/games</a>

04-01-18 - 05- 01-18	<b>Individual Sport 1: Track and Field</b> <ol style="list-style-type: none"> <li>1. Running: <ol style="list-style-type: none"> <li>a. Sprints</li> <li>b. Starts</li> <li>c. Relays.</li> </ol> </li> <li>2. Jumping: <ol style="list-style-type: none"> <li>a. Long Jump</li> <li>b. Triple Jump</li> <li>c. High Jump.</li> </ol> </li> <li>3. Throwing: <ol style="list-style-type: none"> <li>a. Discus</li> <li>b. Ball throw</li> </ol> </li> </ol>		1.	
05-01-18 - 05-31-18	<b>Fitness 1: Circuits</b> <ol style="list-style-type: none"> <li>1. Warm up circuits</li> <li>2. Stretching circuits</li> <li>3. Muscle and Cardio Strength circuits</li> </ol>			<ol style="list-style-type: none"> <li>1. Hoola Hoops</li> <li>2. Station signs and directions</li> </ol> <a href="http://www.pecentral.org/lessonideas/fitnesscircuitlessonplan.pdf">http://www.pecentral.org/lessonideas/fitnesscircuitlessonplan.pdf</a> <a href="http://homepage.usask.ca/~c">http://homepage.usask.ca/~c</a>

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Term 1	Health Unit 1:			
Term 2	Health Unit 2:			
Term 3	Health Unit 3:			