# Physical Education Curriculum and Goals

The Infant Jesus physical education curriculum for third grade is as follows.

At third grade level the students will:

* Improve coordination skills through throwing, catching, jump roping, dribbling, kicking, dodging, bowling, striking, and rhythm activities. (The New Hampshire State Jump Rope Test is given – forward and backward jump.)
* Learn and practice proper stretching techniques to improve flexibility.
* Increase aerobic fitness and muscular strength through movement activities. (President’s Youth Fitness Program FitnessGram Assessment practiced).
* Reinforce reading, spelling, and math skills through game play.
* Study food labels and learn nutrition facts about different types of foods.
* Understand vocabulary and concepts related to movement and sports.
* Build cooperation and sportsmanship through role-playing and problem-solving cooperative game play and invasion field sport games.
* Develop team sports skills through lead-up games.
* *Have fun moving!*

The above objectives will be accomplished through a variety of games and activities. Students are encouraged to run during a warm-up period at the beginning of each class. The President’s Youth Fitness Program FitnessGram Assessment and Presidents’ Challenge Fitness Testing will be administered. All students are taught to forward and backward jump rope, and the New Hampshire Jump Rope Test will be given in March. Students are also encouraged to build up to a half mile run in the spring, and “Top 5 ½ Mile Times” and school records for each grade level will be recorded and posted.

The beginnings of the following sports skills are introduced and reinforced: underhand toss, overhand throw, soccer dribble, basketball dribble, basketball shooting, racket skills (badminton and tennis), hockey skills, catching, dodging, rolling/bowling, and kicking skills. This is accomplished through lead-up games and activities, as students are not developmentally ready for competitive sports. Teamwork and cooperative behaviors in games are emphasized. The “grand finale” of your child’s physical education year will be fun-filled field day in June.

Make sure students are dressed in their gym uniforms and sneakers on Thursday and wearing jewelry should also be avoided. Bringing a **labeled water bottle** on gym days is also helpful.

Feel free to email me at [boire@ijschool.org](mailto:boire@ijschool.org) with any questions or concerns. Please read the “Physical Education Courtesy and Safety Rules,” which are also linked to my web site.

.