

3rd Grade At – A - Glance

Themes <i>Duration</i>	Movement	Fitness	Attitude	Benchmarks
Basic Training <i>Two Weeks</i>	3.1A Dynamic Movement 3.1B Transitions 3.1C Locomotor skills 3.1E Body Alignment	3.3A Challenge, 3.3B MVPA, 3.3E Recreation, 3.4D Posture, 3.5A Safety, 3.5B Proper Attire, 3.5C Safety Precautions	3.7A Follow Rules 3.7B Perseverance 3.7C Respect	None
Fitnessgram <i>Two Weeks</i>	3.1A Dynamic Movement 3.1E Body Alignment 3.2B Skill Practice	3.3C Flexibility, 3.3D Strength/Endurance, 3.4A Heart Health	3.7A Follow Rules 3.7B Perseverance 3.7C Respect	BM 3.7 BM 3.8 BM 3.9
Dance Revolution <i>Three Weeks</i>	3.1A Dynamic Movement 3.1H Clap Rhythms 3.1I Movement Patterns	3.3A Challenge 3.3B MVPA 3.4D Posture	3.7A Follow Rules 3.7B Perseverance 3.7C Respect	BM 3.2
Go Ahead and Jump <i>Three Weeks</i>	3.1B Transitions 3.1I Movement Patterns 3.2B Skill Practice	3.3A Challenge, 3.3B MVPA, 3.4B Aerobic/Anaerobic, 3.5A Safety	3.6B Explain Rules 3.7A Follow Rules 3.7B Perseverance 3.7C Respect	BM 3.6 BM 3.10 BM 3.11
Match Point <i>Two Weeks</i>	3.1B Transitions 3.1J Manipulative Skills	3.3A Challenge 3.3B MVPA, 3.3E Recreation 3.5AB Safety	3.7A Follow Rules 3.7C Respect	BM 3.5 BM 3.10 - 12
Roll With the Flow <i>Four Weeks</i>	3.1D Balance, 3.1F Rolling, 3.1G Weight Transfer, 3.1I Movement Patterns, 3.2A Movement Phases	3.3A Challenge, 3.3B MVPA, 3.3C Flexibility, 3.3D Strength/Endurance, 3.4D Posture, 3.5A Safety	3.7A Follow Rules 3.7B Perseverance	BM 3.3
Go Team Go <i>Six Weeks</i>	3.1A Dynamic Movement, 3.1B Transitions, 3.1J Manipulative Skills, 3.2A Movement Phases, 3.2B Skill Practice	3.3A Challenge, 3.3B MVPA 3.3E Recreation 3.5A Safety	3.6A Modifications, 3.6B Explain Rules, 3.7A Follow Rules, 3.7C Respect	BM3.1, BM 3.4 BM 3.10 BM 3.11 BM 3.12
Hit Me With Your Best Shot <i>Six Weeks</i>	3.1A Dynamic Movement, 3.1J Manipulative Skills, 3.2A Movement Phases, 3.2B Skill Practice	3.3A Challenge, 3.3B MVPA 3.3E Recreation, 3.5ASafety 3.5B Proper Attire	3.6A Modifications, 3.6B Explain Rules, 3.7A Rules, 3.7B Perseverance 3.7 C Respect	BM 3.4 BM 3.10 BM 3.11 BM 3.12
Let's Get Physical <i>Four Weeks</i>	3.1A Dynamic Movement, 3.1B Transitions, 3.1C Locomotor Skills	3.3B MVPA, 3.3D Strength/Endurance, 3.4A Heart Health, 3.4B Aerobic/Anaerobic, 3.4C Nutrition, 3.4D Posture	3.6A Modifications, 3.6B Explain Rules, 3.7A Rules, 3.7B Perseverance 3.7 C Respect	BM 3.8 BM 3.10
Safe Routes to School <i>One Week</i>	3.1A Dynamic Movement, 3.1B Transitions, 3.1D Balance, 3.1G Weight Transfer	3.5A Safety, 3.5B Proper Attire, 3.5C Safety Precautions	3.6B Explain Rules, 3.7A Follow Rules, 3.7B Perseverance, 3.7C Respect	
Coordinated School Health <i>12 Days</i>	3.1ABCD Changing Directions 3.1ABCD Locomotor Skills 3.1ABCDJ Traveling	3.3AB, 3.4C Healthy Diet 3.3AD, 3.5ABD Safety 3.3B,3.5D MVPA	3.6B, 3.7A Rules 3.6A Modifications 3.7BC Respect	BM 3.10-12

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