

Year at a Glance

PE – 3rd Grade

Course # 5015050

2023-2024 School Year



Qualifications

As well as any certification requirements listed on the course description, the following qualifications may also be acceptable for the course:

Any field when certification reflects a bachelor or higher degree.

General Information

Course Number: 5015050

Course Path:

Section: [Grades PreK to 12 Education Courses](#) > **Grade Group:** [Grades PreK to 5 Education Courses](#) > **Subject:** [Physical Education](#) > **SubSubject:** [General](#) >

Abbreviated Title: PHYSICAL EDUCATION K

Course Length: Year (Y)

Course Status: Course Approved

Grade Level(s): K

<https://www.cpalms.org/PreviewCourse/Preview/4003>

PE.3.C.2.1 Identify the importance of purposeful movement and its impact on quality of performance.

PE.3.C.2.2 Understand the importance of safety rules and procedures in all physical activities.

PE.3.C.2.3 Understand that technology can be utilized to gather information about performance.

PE.3.C.2.4 Identify and explain different items that can be used for assisting in a water-related emergency.

PE.3.C.2.5 Explain how appropriate practice improves performance of movement skills.

PE.3.C.2.6 Analyze peer performance and provide feedback.

PE.3.C.2.7 Identify the reasons for warm-up and cool-down activities.

PE.3.C.2.8 Describe basic offensive and defensive tactics.

PE.3.L.3.1 Identify a moderate physical activity.

PE.3.L.3.2 Identify a vigorous physical activity.

PE.3.L.3.3 Identify opportunities for involvement in physical activities during the school day.

PE.3.L.3.4 Identify opportunities for involvement in physical activities after the school day.

PE.3.L.3.5 Use an activity log to maintain a personal record of participation in physical activity during a period of time...

PE.3.L.3.6 Identify lifestyle changes that can be made to increase the level of physical activity.

PE.3.L.3.7 Differentiate between the correct and incorrect way to fit a bicycle helmet.

PE.3.L.4.1 Describe how muscular strength and endurance enhances performance in physical activities.

PE.3.L.4.2 Describe the relationship between the heart and lungs during physical activity.

PE.3.L.4.3 Identify appropriate physical activities that result in the development of cardiorespiratory endurance.

PE.3.L.4.4 Match physical fitness assessment events to the associated fitness component.

PE.3.L.4.5 Identify formal and informal physical fitness assessments.

PE.3.L.4.6 Identify ways to safely stretch major muscle groups.

PE.3.L.4.7 Read food labels for specific nutrition facts.

PE.3.L.4.8 Identify the principles of physical fitness.

PE.3.L.4.9 Identify individual strengths and weaknesses based upon results of a formal fitness assessment.

PE.3.L.4.10 Identify ways that technology can assist in the pursuit of physical fitness.

PE.3.M.1.1 Apply locomotor skills in a variety of movement settings.

PE.3.M.1.2 Strike a stationary object from a stationary position using body parts so that the object travels in the intended direction...

PE.3.M.1.3 Strike an object using a paddle/racquet demonstrating correct technique of a forehand pattern.

PE.3.M.1.4 Strike both moving and stationary objects using a long-handled implement.

PE.3.M.1.5 Maintain control while dribbling with hands or feet against a defender.

PE.3.M.1.6 Demonstrate a combination of basic swim skills.

PE.3.M.1.7 Move in different directions to catch objects of different sizes and weights thrown by a stationary partner.

PE.3.M.1.8 Throw balls of various sizes and weights to a stationary partner using a correct overhand motion.

PE.3.M.1.9 Perform a teacher-designed sequence using manipulatives.

PE.3.M.1.10 Perform one dance accurately.

PE.3.M.1.11 Perform a self-designed gymnastics sequence consisting of clear beginning and ending balances and two differen...

PE.3.M.1.12 Continuously jump a self-turned rope.

PE.3.R.5.1 List ways to work cooperatively with peers of differing skill levels.

PE.3.R.5.2 List ways to show respect for the views of a peer from a different cultural background.

PE.3.R.5.3 Identify ways to take responsibility for his/her own behavior.

PE.3.R.6.1 List personally challenging physical-activity experiences.

PE.3.R.6.2 Describe ways to appreciate the good physical performance of others.

PE.3.R.6.3 Identify ways to celebrate one's own physical accomplishments while displaying sportsmanship.

HE.3.B.5.2 List healthy options to health-related issues or problems.

HE.3.B.6.1 Select a personal health goal and track progress toward achievement.

HE.3.C.2.1 Explore how family and friend's traditions and customs may influence health behaviors.

ELD.K12.ELL.SI.1 English language learners communicate for social and instructional purposes within the school setting.

LAFS.K12.L.3.4 Determine or clarify the meaning of unknown and multiple-meaning words and phrases by using context clues, ana...

MAFS.3.MD.1.1 Tell and write time to the nearest minute and measure time intervals in minutes. Solve word problems involving...