



**Third Grade Physical Education  
Semester 1 Pace Chart  
Fall 2022**

[Link to PE State Standards](#)

| Week | Dates  | Assignments   |
|------|--|---|
| 0    | 08/10 – 08/12                                  | <ul style="list-style-type: none"> <li>o Review “Welcome Folder” and “Getting Started” sections in FLVS course page</li> <li>o Complete IXL Diagnostic Assessment (ELA and Math)</li> </ul>   |
| 1    | 08/15 – 08/19                                  | <ul style="list-style-type: none"> <li>o 01.01A Safety</li> <li>o 01.01B Safety</li> </ul>  |
| 2    | 08/22 – 08/26                                  | <ul style="list-style-type: none"> <li>o 01.01C Safety</li> <li>o 01.01D Safety</li> <li>o <b>01.01E Safety- graded assignment due</b></li> </ul>   |
| 3    | 08/29 – 09/02                                  | <ul style="list-style-type: none"> <li>o 01.02A Fitness Assessment 1</li> <li>o 01.02B Fitness Assessment 1</li> <li>o 1.02C Fitness Assessment 1</li> </ul>  |
| 4    | 09/05 – 09/09<br>No School 09/05:<br>Labor Day | <ul style="list-style-type: none"> <li>o <b>01.02D Fitness Assessment 1- graded assignment due</b></li> <li>o 01.03A Locomotor Movements</li> </ul>   |
| 5    | 09/12 – 09/16                                  | <ul style="list-style-type: none"> <li>o 01.03B Locomotor Movements</li> <li>o 01.03C Locomotor Movements</li> <li>o 01.03D Locomotor Movements</li> </ul>  |
| 6    | 09/19 – 09/23                                  | <ul style="list-style-type: none"> <li>o <b>01.03E Locomotor Movements- graded assignment due</b></li> <li>o 01.04A Throwing and Catching—Project-Based Assessment</li> <li>o 01.04B Throwing and Catching—Project-Based Assessment</li> </ul>  |
| 7    | 09/26 – 09/30                                  | <ul style="list-style-type: none"> <li>o 01.04C Throwing and Catching—Project-Based Assessment</li> <li>o <b>01.04D Throwing and Catching—Project-Based Assessment- graded assignment due</b></li> </ul>  |
| 8    | 10/03 – 10/07                                  | <ul style="list-style-type: none"> <li>o <b>01.05 Module One Review and DBA*</b></li> <li>o <b>01.06 Module One Assessment</b></li> <li>o 02.01A Flexibility</li> </ul> <p><small>*Note— the S.S. Module 2 DBA and the PE Module 1 DBA will take place at the same time. Please wait until your child has completed BOTH Social Studies and PE modules before scheduling.</small></p> |

|    |   |   |
|----|---|---|
| 9  | 10/10 – 10/14   | <ul style="list-style-type: none"> <li>o 02.01B Flexibility</li> <li>o 02.01C Flexibility</li> <li>o 02.01D Flexibility</li> </ul>  |
| 10 | 10/17 – 10/21<br>No School 10/17:<br>Teacher Planning       | <ul style="list-style-type: none"> <li>o <b>02.01E Flexibility- graded assignment due</b></li> <li>o 02.02A Cardiovascular Health</li> <li>o 02.02B Cardiovascular Health</li> </ul>                                      |
| 11 | 10/24 – 10/28   | <ul style="list-style-type: none"> <li>o 02.02C Cardiovascular Health</li> <li>o 02.02D Cardiovascular Health</li> <li>o <b>02.02E Cardiovascular Health- graded assignment due</b></li> <li>o 02.03A Strength</li> </ul> |
| 12 | 10/31 – 11/04   | <ul style="list-style-type: none"> <li>o 02.03B Strength</li> <li>o 02.03C Strength</li> <li>o 02.03D Strength</li> <li>o <b>02.03E Strength- graded assignment due</b></li> </ul>  |
| 13 | 11/07 – 11/11<br>No School 11/11:<br>Veterans Day           | <ul style="list-style-type: none"> <li>o 02.04A Nutrition—Project-Based Assessment</li> <li>o 02.04B Nutrition—Project-Based Assessment</li> <li>o 02.04C Nutrition—Project-Based Assessment</li> </ul>                   |
| 14 | 11/14 – 11/18   | <ul style="list-style-type: none"> <li>o 02.04D Nutrition—Project-Based Assessment</li> <li>o <b>02.04E Nutrition—Project-Based Assessment- graded assignment due</b></li> <li>o 02.05A Fitness Assessment 2</li> </ul>   |
| 15 | 11/21 – 11/25<br>No School<br>11/23 – 11/25<br>Thanksgiving | <p><b>No work due.<br/>Happy Thanksgiving!!</b></p>   |
| 16 | 11/28 – 12/02   | <ul style="list-style-type: none"> <li>o 02.05B Fitness Assessment 2</li> <li>o <b>02.05C Fitness Assessment 2- graded assignment due</b></li> </ul>  |
| 17 | 12/05 – 12/09   | <ul style="list-style-type: none"> <li>o 02.06 Module Two Review and Discussion-Based Assessment</li> <li>o <b>02.07 Module Two Assessment</b></li> </ul>   |
| 18 | 12/12 – 12/16   | <p><b>All work must be completed<br/>and submitted by December 16.<br/>Happy Holidays!!</b></p>   |

\*Note—All pretests are exempt. When you see them in your courses, you may skip over them and move on to the first lesson in the module.