



Scope & Sequence
Grade:PK-8th Subject: Physical Education & Health
Theme: Sports Illustrated

1 st Quarter (44 Days)			
	Unit/Lesson	Learning Objectives	Reporting Categories (TEKS SEs)
Week 1	Sports Illustrated	P.E. Safety and Procedures, Sports Intro Thunder Jets, Mile Run, & Mile Run Club	PK.1-8.1 The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 2	Fitness Jenga	Learning Pathways Curved, straight, zig zag	PK.2-8.2 The student applies movement concepts and principles to the learning and development of motor skills.
Week 3	Track & Field	Muscular strength and endurance, aerobic capacity	PK.5-8.5 The student understands safety practices associated with physical activity and space.
Week 4	Baseball	Spatial and body awareness, striking	PK.4-8.4 The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 5	Football: NFL Warm up	Moving efficiently in general space, throwing and catching	PK.6-8.6 The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.
Week 6	Fitness Gram	Muscular strength and endurance, aerobic capacity	PK.4-8.4 The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 7	Volleyball Frenzy	Service return, stroke placement, principles of rebound	PK.6-8.6 The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.
Week 8	Basketball Scramble	Learn and practice: Dribble, Pass, Shoot skills	PK.1-8.1 The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 9	Bottle Flip Basketball	Practice basketball dribble, bounce, chest, and overhead pass	PK.2-8.2 The student applies movement concepts and principles to the learning and development of motor skills.
Week 10	Dribble Around the Clock	For students to practice stationary dribbling, using finger pads, dribbling at waist, and looking up, and having control of the ball. To practice telling time	PK.5-8.5 The student understands safety practices associated with physical activity and space.



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2nd Quarter (43 Days)			
Week	Unit/Lesson	Learning Objectives	Reporting Categories (TEKS SEs)
Week 1	Basketball Tournament	Team Play Dribbling, Pivoting, Bounce and Chest passing	PK.7-8.7 The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.
Week 2	Agility & Plyometric Course Track & Field Events	Various manipulative skills, body awareness	PK.3-8.3 The student exhibits a health-enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 3	Kid Fit Strong Challenge University of Houston (November 4, 2018)	Aerobic capacity	PK.6-8.6 The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.
Week 4	Hockey Highway	Learn and practice: Shuffle, Slide, Pass	PK.6-8.6 The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.
Week 5	Tic Tac Toe Toss	Practice throwing and dodging skills	PK.1-8.1 The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 6	Fitness Gram Testing: Curl ups, pushups, trunk lift, and PACER	Cardiovascular Endurance (Heart and Lungs) Muscular Strength (pushups and curl ups) Muscular Endurance (running and bike riding) Flexibility (yoga, stretches, trunk lift)	PK.4-8.4 The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 7	Yoga	Learn benefits of exercise: Mind, Body and Soul	PK.7-8.7 The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.
Week 8	Lacrosse	Learn and practice offense and defense	PK.2-8.2 The student applies movement concepts and principles to the learning and development of motor skills.
Week 9	Slam Jam	Moving efficiently in general space, throwing and catching	PK.2-8.2 The student applies movement concepts and principles to the learning and development of motor skills



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3rd Quarter (43 Days)			
Week	Unit/Lesson	Learning Objectives	Reporting Categories (TEKS SEs)
Week 1	Baseball/Softball	Learn and practice throwing and catching	PK.6-8.6 The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.
Week 2	Baseball Mania	Batting, pitching, fielding	PK.4-8.4 The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 3	Quadrant Ball	Spatial awareness, non-locomotor skills, locomotor skills	PK.1-8.1 The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 4	Tennis Stations	Practice control of a tennis ball with a racquet in a variety of games/activities.	PK.5-8.5 The student understands safety practices associated with physical activity and space.
Week 5	Jump Rope 4 Heart Campaign	Spatial and body awareness, locomotor skills, non-locomotor skills, rhythmic sequencing	PK.7-8.7 The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.
Week 6	Kickball	Practice Teamwork and Communication	PK.6-8.6 The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.
Week 7	Hockey	Various manipulative skills, body awareness	PK.5-8.5 The student understands safety practices associated with physical activity and space.
Week 8	Badminton	Learn and practice control of shuttle cock	PK.1-8.1 The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 9	Archery Poker	Target practice: Hand and eye coordination	PK.3-8.3 The student exhibits a health-enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.



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4th Quarter (46 Days)			
Week	Unit/Lesson	Learning Objectives	Reporting Categories (TEKS SEs)
Week 1	Jump Rope 4 Heart Celebration	Cardiovascular Endurance (Heart and Lungs)	PK.3-8.3 The student exhibits a health-enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 2	8 th Annual Bike & Skate A Thon	Cardiovascular Endurance (Heart and Lungs) Muscular Endurance (running and bike riding)	PK.2-8.2 The student applies movement concepts and principles to the learning and development of motor skills.
Week 3	Soccer	Spatial awareness, kicking, trapping	PK.3-8.3 The student exhibits a health-enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 4	Soccer Mania	Agility and change of direction	PK.5-8.5 The student understands safety practices associated with physical activity and space.
Week 5	Lacrosse	Learn and practice offense and defense	PK.2-8.2 The student applies movement concepts and principles to the learning and development of motor skills.
Week 6	End of Year P.E. Test	Students will self-assess fitness levels and interpret the results. Practice and understand fitness concepts, plan and set goals	PK.6-8.6 The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.
Week 7	Fitness Gram Testing: Curl ups, pushups, trunk lift, and PACER	Cardiovascular Endurance (Heart and Lungs) Muscular Strength (pushups and curl ups) Muscular Endurance (running and bike riding) Flexibility (yoga, stretches, trunk lift)	PK.6-8.6 The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.
Week 8	Field Day Events	End of the year event showcasing many of the different activities and skills taught during our fun filled P.E. classes.	PK.5-8.5: The student understands safety practices associated with physical activity and space.
Week 9	Golf	Students will demonstrate a full golf swing during a warm-up activity, using one of the two grips	PK.3-8.3 The student exhibits a health-enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 10	Bust Out	Practice: Soccer, Football and Flag pulling skills	PK.5-8.5 The student understands safety practices associated with physical activity and space.