



Scope & Sequence
Grade:PK-8th Subject: Physical Education & Health
Theme: PhysEd Around the World

1 st Quarter (44 Days)			
	Unit/Lesson	Learning Objectives	Reporting Categories (TEKS SEs)
Week 1	T.E.A.M.S	P.E. Safety and Procedures, Team Building Thunder Jets, Mile Run, Organize students to take attendance, form teams, get equipment or lining up	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	Hunger Games Tag	Moving safely through general space while working on chasing, fleeing and dodging skills	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	Continental Drift	Knowledge of how to skip, hop, jump, slide, gallop, walk, run, and leap	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	Hunter Hawks	Students use different locomotor skills, pathways and or/directions while changing hoops	PK.1-8.1 The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 9	Flexibility Rush	Learn concept of flexibility and stretching activities that improve flexibility	PK.2-8.2 The student applies movement concepts and principles to the learning and development of motor skills.
Week 10	Highway Hockey	Practice using soft taps to travel and change directions, while dribbling and dodging in general space.	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	Madagascar Mania	Zoo keepers try to move (waling, skipping, sliding)	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	Scooptastic Race	Practice scooping, tossing, and catching skills	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	Climb The Mountain	Students will perform full or modified push-ups, crunches, jump rope, leap, hop, jump, and balance	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	Orienteering Scavenger Hunt	To learn how to use a compass to reach multiple checkpoints while travelling in directions such as north, south, east, and west	PK.1-8.1 The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 6	The Traveling Hoop	Moving efficiently in general space, throwing and catching	PK.4-8.4 The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 7	North Pole Adventure	To practice locomotor skills while following along on an imaginary trip to the North Pole. Students will run, jump, gallop, and skip in general space	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	Trip Around the World	Stations representing different countries around the world	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	Around The USA Fitness	The purpose of the activity is to have students improve their physical fitness while practicing the geography of the United States of America	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	We Are The World-Parachute Dance	Perform a parachute dance which promotes rhythm and coordination	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	Space Tag	Provide a warm-up activity that is simple, active, and cooperative	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	Welcome to the Jungle	Working in self space and movements in self space.	PK.5-8.5 The student understands safety practices associated with physical activity and space.
Week 8	Ocean Rescue	Practice trials for throwing and catching	PK.1-8.1 The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 9	Cross the River-Cooperative Play	Students work together cooperatively & think outside the box.	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	Food Group Hustle	To introduce students to food groups and how they fit on the food plate.	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	Through the Forest	Learn about personal space, direction, using locomotor skills, and different pathways	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	Treasure Hunt	Practice dribbling skills.	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	Hunger Games 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	Geography Twister	Locomotor (running, skipping, etc) & Non-locomotor (Bending, leaning)	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	Scrabble Laps	The purpose of this activity is to integrate physical fitness with spelling of core vocabulary words used in science and social studies	PK.5-8.5 The student understands safety practices associated with physical activity and space.