



Scope & Sequence
Grade: PK-9th Subject: Physical Education & Health
Theme: Health Moves Minds & Body

1st Quarter			
Week	Unit/Lesson	Learning Objectives	Reporting Categories (TEKS SEs)
Week 1	My Body Systems	To learn the pathway blood takes and what happens as it travels throughout the entire circulatory system.	PK.4-9.4 Physical activity and health. The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 2	Listen & Move	Practice loco motor skills: walk, run, gallop, skip, hop, leap, jump, and side slide	PK.2-9.2 Movement The student applies movement concepts and principles to the learning and development of motor skills.
Week 3	Non-Loco motor	Practice non loco motor skills: stretch, arm circles, toe touch and squats	PK.2-9.2 Movement The student applies movement concepts and principles to the learning and development of motor skills.
Week 4	Health & Nutrition	To have students better understand the My Plate diagram, the five food groups, and what foods is a part of each group.	PK.4-9.4 Physical activity and health. The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 5	Disease Awareness	Student will understand that germs spread infections, illness, and disease.	PK.4-9.4 Physical activity and health. The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 6	Hand & Eye Coordination	Students have an opportunity to handle objects/equipment to work on control as well as hand-eye coordination.	PK.1-9.1 Movement The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 7	Throw	Throw an object toward a target with accuracy, using a mature motor pattern. (shows opposition, weight transfer, and follow through)	PK.4-9.4 Physical activity and health. The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 8	Catch	Demonstrate both one-handed and two-handed catches at different levels and various objects.	PK.3-9.3 Physical activity and health. The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 9	Balance	Demonstrate the ability to balance the body.	PK.1-9.1 Movement The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 10	Agility	To improve Cardiovascular Endurance as well as Muscular Strength and Endurance.	PK.3-9.3 Physical activity and health. The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.



2nd Quarter			
Week	Unit/Lesson	Learning Objectives	Reporting Categories (TEKS SEs)
Week 1	Juggling	Practice juggling scarves and improve hand eye-coordination	PK.2-9.2 Movement The student applies movement concepts and principles to the learning and development of motor skills.
Week 2	Rolling	Perform forward, backward, sideways rolls.	PK.5-9.5 The student understands safety practices associated with physical activity and space.
Week 3	Jump Rope/Hula Hoop	Beginner skills for using jumping rope and hula hoop	PK.6-9.6 Social Development 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	Chase/Flee	Engage in communication, cooperation, and build leg strength.	PK.7-9.7 Social Development The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.
Week 5	Strike	Step toward and strike a moving object with or without equipment while using control of motion.	PK.5-9.5 The student understands safety practices associated with physical activity and space.
Week 6	Fitness	Identify activities that improve each area of fitness (cardio-respiratory endurance, muscular strength, muscle endurance, flexibility, and body composition).	PK.1-9.1 Movement The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 7	Parachute	Enhance listening skill, coordination, socialization, cooperation, rhythmic and perceptual motor abilities.	PK.2-9.2 Movement The student applies movement concepts and principles to the learning and development of motor skills.
Week 8	Pickleball	Practice underhand serves and control of speed and placement of ball.	PK.5-9.5 The student understands safety practices associated with physical activity and space.
Week 9	Martial Arts	Practice kicking, striking with the open hand, leg sweeps, parries, elbow, and knee strikes, punches, and how to evade.	PK.2-9.2 Movement The student applies movement concepts and principles to the learning and development of motor skills.



3rd Quarter			
Week	Unit/Lesson	Learning Objectives	Reporting Categories (TEKS SEs)
Week 1	Jumping/Landing	Arms extended. Hips, knees, and ankles bended on landing. Shoulders, knees, and ankles align for balance after landing.	PK.5-9.5 The student understands safety practices associated with physical activity and space.
Week 2	Thunder Jets Running Club	Running helps to build strong bones, strengthen muscles and improve cardiovascular fitness.	PK.3-9.3 Physical activity and health. The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 3	Football	Practice proper technique in the skills of throwing and catching a football.	PK.6-9.6 Social Development 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	Flexibility/Yoga	Stretch muscles to become more flexible and stronger. Yoga can improve balance, strength, and flexibility	PK.3-9.3 Physical activity and health. The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 5	Basketball	To have students practice dribbling, shooting, and passing skills.	PK.6-9.6 Social Development 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	Soccer	Practice passing, kicking, and trapping skills.	PK.4-9.4 Physical activity and health. The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 7	Baseball	Practice throwing, catching and base running.	PK.4-9.4 Physical activity and health. The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 8	Lacrosse	Practice cradling, throwing, catching, scooping, and shooting the ball.	PK.6-9.6 Social Development 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 9	Golf	Learn and practice how to grip, align, put, and swing golf club.	



4th Quarter			
Week	Unit/Lesson	Learning Objectives	Reporting Categories (TEKS SEs)
Week 1	Tennis	Learn balance, coordination, agility, movement. Practice racket and ball skills. (forehand, backhand, volleys, serve and footwork)	PK.3-9.3 Physical activity and health. The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 2	Kickball	Practice kicking the ball (hand, eye- foot coordination) and base running.	PK.2-9.2 Movement The student applies movement concepts and principles to the learning and development of motor skills.
Week 3	Track & Field	Practice field events: running laps, miles & meters/ throw: shotput, javelin, and disc. /jump long jump & hurdles	PK.2-9.2 Movement The student applies movement concepts and principles to the learning and development of motor skills.
Week 4	Bike a Thon	Learn bike safety, practice pedal with or without training wheels.	PK.4-9.4 Physical activity and health. The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 5	Archery	To improve student accuracy in shooting arrow towards target.	PK.1-9.1 Movement The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 6	Badminton	Learn and practice racket grip, serve (stroke), footwork. (stance) Understand term, birdie/shuttlecock.	PK.3-9.3 Physical activity and health. The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 7	Volleyball	Practice proper technique for the volleyball pass and serve.	PK.4-9.4 Physical activity and health. The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 8	Hockey	Reinforce hockey passing skills and accuracy.	PK.3-9.3 Physical activity and health. The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 9	Bowling	Learn and practice bowling stance, roll, balance, aim/target, and bumpers.	PK.3-9.3 Physical activity and health. The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 10	Field Day	End of year event to showcase locomotor/non loco motor skills learned. Throw, catch, roll, and serve, strike, hand-eye coordination, balance, jump, roll, skip, hop, stretch, and jump rope.	PK.6-9.6 Social Development The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.