



1 <sup>st</sup> Quarter			
Week	Unit/Lesson	Learning Objectives	Reporting Categories (TEKS SEs)
Week 1	<b>Play 60 Health &amp; Wellness</b>	To improve Cardiovascular Endurance as well as Muscular Strength and Endurance.	<b>PK.3-9.3 Physical activity and health.</b> The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 2	<b>Locomotor Movements Listen &amp; Move</b>	Practice loco motor skills: walk, run, gallop, skip, hop, leap, jump, and side slide	<b>PK.2-9.2 Movement</b> The student applies movement concepts and principles to the learning and development of motor skills.
Week 3	<b>Heart Power Thunder Jets Running Club</b>	Running helps to build strong bones, strengthen muscles and improve cardiovascular fitness.	<b>PK.3-9.3 Physical activity and health.</b> The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 4	<b>Fast Food Health &amp; Nutrition</b>	To have students better understand the My Plate diagram, the five food groups, and what foods is a part of each group.	<b>PK.4-9.4 Physical activity and health.</b> The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 5	<b>Pathogen Attack Disease Awareness</b>	Student will understand that germs spread infections, illness, and disease.	<b>PK.4-9.4 Physical activity and health.</b> The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 6	<b>Bullseye Hand &amp; Eye Coordination</b>	Students have an opportunity to manage objects/equipment to work on control as well as hand-eye coordination.	<b>PK.1-9.1 Movement</b> The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 7	<b>Meteor Battle Agility</b>	Throw an object toward a target with accuracy, using a mature motor pattern. (Shows opposition, weight transfer, and follow through)	<b>PK.4-9.4 Physical activity and health.</b> The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 8	<b>Catch 3 Hand and eye-coordination</b>	Demonstrate both one-handed and two-handed catches at various levels and various objects.	<b>PK.3-9.3 Physical activity and health.</b> The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 9	<b>Go Noodle Balance and Coordination</b>	Demonstrate the ability to balance the body.	<b>PK.1-9.1 Movement</b> The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 10	<b>Hide and Seek Teamwork</b>	Engage in communication, cooperation, and build leg strength.	<b>PK.7-9.7 Social Development</b> The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.



2nd Quarter			
Week	Unit/Lesson	Learning Objectives	Reporting Categories (TEKS SEs)
Week 1	<b>Great 8 Scarves Juggling</b> Hand and eye-coordination	Practice juggling scarves and improve hand eye-coordination	<b>PK.2-9.2 Movement</b> The student applies movement concepts and principles to the learning and development of motor skills.
Week 2	<b>Roller Derby</b> Spatial Awareness	Perform forward, backward, sideways rolls.	<b>PK.5-9.5</b> The student understands safety practices associated with physical activity and space.
Week 3	<b>Double Dutch Jump</b> Balance & Heart Health	Beginner skills for using jumping rope and hula hoop	<b>PK.6-9.6 Social Development</b> 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	<b>Scrabble Laps</b> Fitness	Engage in communication, cooperation, and build muscular strength.	<b>PK.7-9.7 Social Development</b> The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.
Week 5	<b>Strike Zone</b> Movement Exploration	Step toward and strike a moving object with or without equipment while using control of motion.	<b>PK.5-9.5</b> The student understands safety practices associated with physical activity and space.
Week 6	<b>Fitness Tag</b> Heart Health	Identify activities that improve each area of fitness (cardio-respiratory endurance, muscular strength, muscle endurance, flexibility, and body composition).	<b>PK.1-9.1 Movement</b> The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 7	<b>Parachute Play</b> Cooperative Learning	Enhance listening skill, coordination, socialization, cooperation, rhythmic and perceptual motor abilities.	<b>PK.2-9.2 Movement</b> The student applies movement concepts and principles to the learning and development of motor skills.
Week 8	<b>Pickleball Fun</b> Space Awareness	Practice underhand serves and control of speed and placement of ball.	<b>PK.5-9.5</b> The student understands safety practices associated with physical activity and space.
Week 9	<b>Tower Rush</b> Striking	Practice kicking, striking with the open hand, leg sweeps, parries, elbow, and knee strikes, punches, and how to evade.	<b>PK.2-9.2 Movement</b> 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	Frog Pond Jump and Land	Arms extended. Hips, knees, and ankles bended on landing. Shoulders, knees, and ankles align for balance after landing.	<b>PK.5-9.5</b> The student understands safety practices associated with physical activity and space.
Week 2	Power Rangers Cardio Fitness	Running helps to build strong bones, strengthen muscles and improve cardiovascular fitness.	<b>PK.3-9.3 Physical activity and health.</b> The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 3	Football Wipeout Sport Fundamentals	Practice proper technique in the skills of throwing and catching a football.	<b>PK.6-9.6 Social Development</b> 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	Sun Salutation Yoga	Stretch muscles to become more flexible and stronger. Yoga can improve balance, strength, and flexibility	<b>PK.3-9.3 Physical activity and health.</b> The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 5	Flasketball Dribbling	To have students practice dribbling, shooting, and passing skills.	<b>PK.6-9.6 Social Development</b> 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	Jumanji Soccer Kick, Trap, Pass	Practice passing, kicking, and trapping skills.	<b>PK.4-9.4 Physical activity and health.</b> The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 7	Race ball Throw & catch	Practice throwing, catching and base running.	<b>PK.4-9.4 Physical activity and health.</b> The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 8	Lacrosse Tag Tag, Space Awareness,	Practice cradling, throwing, catching, scooping, and shooting the ball.	<b>PK.6-9.6 Social Development</b> 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	Disc Golf Sport Fundamentals	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	Great 8 Tennis Sport Fundamentals	Learn balance, coordination, agility, movement. Practice racket and ball skills. (Forehand, backhand, volleys, serve and footwork)	<b>PK.3-9.3 Physical activity and health.</b> The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 2	Castle Ball Kick, punt	Practice kicking the ball (hand, eye- foot coordination) and base running.	<b>PK.2-9.2 Movement</b> The student applies movement concepts and principles to the learning and development of motor skills.
Week 3	Track & Field Olympic Sports	Practice field events: running laps, miles & meters/ throw: shotput, javelin, and disc. /Jump long jump & hurdles	<b>PK.2-9.2 Movement</b> The student applies movement concepts and principles to the learning and development of motor skills.
Week 4	Bike a Thon Road Safety	Learn bike safety, practice pedal with or without training wheels.	<b>PK.4-9.4 Physical activity and health.</b> The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 5	Archery Skills Sport Fundamentals	To improve student accuracy in shooting arrow towards target.	<b>PK.1-9.1 Movement</b> The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 6	Birdies Nest Badminton	Learn and practice racket grip, serve (stroke), footwork. (stance) Understand term, birdie/shuttlecock.	<b>PK.3-9.3 Physical activity and health.</b> The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 7	Volleyball Volley, Serve	Practice proper technique for the volleyball pass and serve.	<b>PK.4-9.4 Physical activity and health.</b> The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 8	Hockey Highway Sports Concepts	Reinforce hockey passing skills and accuracy.	<b>PK.3-9.3 Physical activity and health.</b> The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 9	Bowl a Rama Motor Skills	Learn and practice bowling stance, roll, balance, aim/target, and bumpers.	<b>PK.3-9.3 Physical activity and health.</b> The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
Week 10	Field Day Fitness Integration	End of year event to highlight locomotor/non loco motor skills learned. Throw, catch, roll, and serve, strike, hand-eye coordination, balance, jump, roll, skip, hop, stretch, and jump rope.	<b>PK.6-9.6 Social Development</b> The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.