



1 st Quarter			
Week	Unit/Lesson	Learning Objectives	Reporting Categories (TEKS SEs)
Week 1	Agility	ability to move and change the direction and position of the body quickly	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	Balance	ability to maintain body equilibrium at rest or in motion	PK.1-9.1 Movement The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 3	Cardio	vigorous activity that increases heart rate	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 4	Disease Awareness	students 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 5	Endurance	body's physical capability to sustain an exercise for an extended period	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	Fitness	ability of body systems to work together efficiently to become healthy and perform activities daily	PK.1-9.1 Movement The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 7	Goal Setting	students will set smart goals within physical activity and overall health	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	Healthy Habits	students will develop healthy habits that include good hygiene, diet, exercise, sleep, and hydration	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	Instant Activities	students will move quickly through warmup routines	PK.1-9.1 Movement The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 10	Juggling	students will 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.



2nd Quarter			
Week	Unit/Lesson	Learning Objectives	Reporting Categories (TEKS SEs)
Week 1	Kicking	students will practice kicking a variety of balls using proper (hand and eye- foot coordination)	PK.2-9.2 Movement The student applies movement concepts and principles to the learning and development of motor skills.
Week 2	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 3	Movement Exploration	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 4	Net Skills	practice proper pass and serve techniques for volleyball, badminton, pickleball and tennis; control of speed and placement of ball/birdie	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	Olympics	practice field events: running laps, miles & meters/ throw: shot put, 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 6	Parachute Play	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 7	Quick Movement	experience in moving safely with others in a bound area; instruction in the skills of chasing and fleeing; experience in practicing "quick" movements (duck, twist, jump, stretch, fake)	PK.2-9.2 Movement The student applies movement concepts and principles to the learning and development of motor skills.
Week 8	Rolling	introduce students to forward, backward, side rolling	PK.2-9.2 Movement The student applies movement concepts and principles to the learning and development of motor skills.
Week 9	Striking	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	Thunder Jets	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 2	Underhand/Overhand	practice underhand/overhand rolling and throwing	PK.2-9.2 Movement The student applies movement concepts and principles to the learning and development of motor skills.
Week 3	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 4	Workout Circuits	workout activities to strengthen heart (endurance), muscles (flexibility) and bones (strength); fun games for movement, coordination, and enjoyment	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	X's & O's	students will demonstrate 3 across, down, or diagonal to complete tic-tac-toe activity using beanbag or frisbee	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	Yoga	students will stretch muscles to become more flexible and stronger; yoga improves 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 7	Zig Zag	practice moving in a pattern of sharp turns, angles in the shape of a zigzag line; navigate through cones, or markers to develop agility, coordination, and spatial awareness	PK.2-9.2 Movement The student applies movement concepts and principles to the learning and development of motor skills.
Week 8	Archery Skills	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 9	Bike a Thon & Bowling	learn bike/road safety; practice pedal with or without training wheels; learn and practice bowling stance, roll, balance, aim/target, and bumpers	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.



4th Quarter			
Week	Unit/Lesson	Learning Objectives	Reporting Categories (TEKS SEs)
Week 1	Catch 3	catch a ball using two hands, throw and catch with a partner, clap, and catch	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	Fast Food 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 3	Scrabble Laps	engage in communication, cooperation, and build muscular 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 4	Trapping	practice trapping, passing, kicking 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 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	Hockey Highway	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 7	Great 8 Tennis	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 8	Bowling	learn and practice bowling stance, roll, balance, aim/target, and bumpers	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 9	Golf	learn and practice how to grip, align, put, and swing golf club	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 highlight locomotor/non locomotor skills learned	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.