



First Semester	Second Semester
<p>Unit 01: (2 Weeks) Introduction to Rules/Procedures/Exercises TEKS: 1AEF, 2AB, 3BCD, 5A, 6AB, 7ABC Suggested Activities: Introduce class rules and warm-up/daily exercises. Introduce class procedures and safety precautions including fire drill and lock down. Resources: CATCH Box: Warm up/Cool down, www.pecentral.com</p> <p>Unit 02: (4 Weeks) Conditioning/Benefits of Exercise/Health TEKS: 1ABCDG, 2AB, 3ABCD, 4ABCDE, 5A, 6AB, 7ABC Suggested Activities: Tag games, jump rope, hula hoop, relay races, shuttle run, mile, obstacle course, health lessons on benefits of exercise and factors that affect performance Resources: CATCH Box: Tag You're It!/Moving & Traveling/Hoop Activities/ Jump Rope, www.pecentral.com</p>	<p>Unit 06: (3 Weeks) Fitness TEKS: 1A, 2AB, 3BCD, 5A, 6AB, 7ABC Suggested Activities: Introduction to Push-ups, Curl-ups, Mile/Pacer, Shoulder Stretch, Trunk Lift, Conditioning (see basic conditioning activities) Resources: CATCH Box: Mighty Muscles Strength Activities/Go Fitness, www.pecentral.com</p> <p>Unit 07: (4 Weeks) Throwing and Catching TEKS: 1ADH, 2AB, 3AB, 5A, 6AB, 7ABC Suggested Activities: Football, Baseball, Softball, Basketball, Kickball, Disc sports Resources: CATCH Box: Throwing and Catching Activities, www.pecentral.com</p>
<p>Unit 03: (5 Weeks) Locomotor/Gross Motor Skills/Tumbling TEKS: 1ABCDG, 2AB, 3ABCD, 5A, 6AB, 7ABC Suggested Activities: Walking, running, hopping, jumping, skipping, galloping, sliding, leaping, tumbling, high knees, high kicks, relay race, shuttle run, cardio ladders, crab walk, crawling, low crawl, upper body form development Resources: CATCH Box: Mighty Muscles Strength Activities/Moving And Traveling Activities, www.pecentral.com</p>	<p>Unit 08: (3 Weeks) Hand Dribbling and Shooting TEKS: 1ADH, 2AB, 3AB, 5A, 6AB, 7ABC Suggested Activities: Basketball (Bouncing/Dribbling, Passing, Shooting Drills) Resources: CATCH Box: Dribbling and Passing (Hands) Activities, www.pecentral.com</p> <p>Unit 09: (4 Weeks) Foot Dribbling and Kicking TEKS: 1AD, 2AB, 3AB, 5A, 6AB, 7ABC Suggested Activities: Kickball, Soccer (Kicking Drills, Passing Drills, Dribbling Drills) Resources: CATCH Box: Dribbling and Kicking (Feet) Activities, www.pecentral.com</p>
<p>Unit 04: (3 Weeks) Cooperative Games TEKS: 1ACD, 2AB, 3AB, 5A, 6AB, 7ABC Suggested Activities: Parachutes, Scooters, Crab Soccer, Flag Tag, Wild Animal Round Up, Noodle Games, Tag Games, Duck Duck Goose, Hop Scotch, etc. Resources: CATCH Box: Parachute Activities, www.pecentral.com</p> <p>Unit 05: (2 Weeks) Dance TEKS: 1ACDEFG, 2AB, 3ABC, 5A, 6AB, 7ABC Suggested Activities: Exercise to Music, Wii Dance, Line Dance, Traditional Dance Resources: Just Dance, CATCH Box: Rhythm Activities, www.pecentral.com</p>	<p>Unit 10: (3 Weeks) Striking and Volleying TEKS: 1AD, 2AB, 3AB, 5A, 6AB, 7ABC Suggested Activities: Racquetball sports, Volleyball drills, Field Hockey, T-ball Resources: CATCH Box: Striking and Volleying Activities, www.pecentral.com</p> <p>Unit 11: (3 Weeks) Review Suggested Activities: Benefits of Exercise, Locomotor/Gross Motor Skills, Cooperative Games, Dance, Throwing/Catching, Hand Dribbling/Shooting, Foot Dribbling/Kicking, Striking/ Volleying</p> <p>Unit 12: (1 Week) Safety TEKS: 5ABCDE Suggested Activities: Swimming, Heat, Bicycle Safety Resources: Safety and Stranger Danger Videos, www.pecentral.com</p>

*** A variety of suggested activities should be used within every unit.

***TEKS: 1-2 Movement TEKS: 3-5 Physical Activity & Health TEKS: 6-7 Social Development