



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