



First Semester	Second Semester
<p>Unit 01: (1 Week) Introduction to Rules/Procedures/Exercises TEKS: 1BDE, 3ABCD, 5ABD, 7ABC Suggested Activities: Introduce class rules and warm-up / daily exercises. Introduce class procedures and safety precautions including fire drill and lock down. Resources: www.pecentral.com, CATCH Box: Warm up / Cool down</p> <p>Unit 02: (5 Weeks) Conditioning/Benefits of Exercise/Health TEKS: 1BDE, 2AB, 3ABCD, 4ABCD, 5ABD, 7ABC Suggested Activities: Tag games, relay races, shuttle run, mile, obstacle course, health lessons on benefits of exercise and factors that affect physical performance Resources: www.pecentral.com, CATCH Box: Quick Cardio, Aerobic Games, Fitness Challenges, (Go, Slow, Whoa, Eat Smart Games)</p>	<p>Unit 07: (5 Weeks) FitnessGram TEKS: 1CDE, 3AB, 3CD, 5ABD, 7ABC Suggested Activities: Push-ups, Curl-ups, Mile/Pacer, Shoulder Stretch, Trunk Lift, Conditioning (see conditioning activities), DVD, Fitnessgram Assessment Resources: www.pecentral.com, CATCH Box: Muscular Strength and Endurance, Flexibility, Fitness Challenge, Aerobic Games, Quick Cardio, Bench Aerobics</p> <p>(2 Weeks) FitnessGram Assessment Suggested Activities: Aerobic Assessment (Pacer/Mile), Muscular Strength Assessment (curl-up/trunk lift/push-up/modified pull-up/flexed arm hang, Flexibility (back saver/sit and reach/shoulder stretch), Body Composition (Percent Body Fat/BMI) Resources: www.fitnessgram.net / www.cooperinstitute.org / www.pecentral.com</p>
<p>Unit 03: (4 Weeks) Locomotor/Gross Motor Skills/Tumbling TEKS: 1ABCDEG, 3AB, 5ABD, 7ABC Suggested Activities: 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 Resources: www.pecentral.com, CATCH Box: Bench Aerobics, Aerobic Games, Limited Space</p> <p>Unit 04: (2 Weeks) Jump Rope/Hula Hoop TEKS: 1BDE, 2AB, 3AB, 5ABD, 7ABC Suggested Activities: Jump for Heart, Jump Rope Games, Hoop Games Resources: www.pecentral.com, CATCH Box: Jump Rope and Plastic Hoop Tabs</p>	<p>Unit 08: (7 Weeks) Throwing/Catching/Hand Dribbling/Shooting TEKS: 1ABCEJK, 2AB, 3ABE, 5ABD, 6AB, 7ABC Suggested Activities: Football, Baseball, Softball, Basketball, Kickball, Disc sports Resources: www.pecentral.com, CATCH Box: Football, Softball, Basketball, Flying Disc</p>
<p>Unit 05: (3 Weeks) Cooperative Games TEKS: 1ADE, 2AB, 3AB, 5ABD, 6AB, 7ABC Suggested Activities: Parachutes, Scooters, Crab Soccer, Flag Tag, Wild Animal Round Up, Noodle Games, Tag Games, 4 Square, Hop Scotch, etc. Resources: www.pecentral.com, CATCH Box: Parachute Activities, Quick Cardio, Aerobic Games, (Go, Slow, Whoa, Eat Smart Games)</p> <p>Unit 06: (2 Week) Dance TEKS: 1DEHI, 2AB, 3AB, 5ABD, 6AB, 7ABC Suggested Activities: Exercise to Music, Wii Dance, Line Dance, Traditional Dance Resources: www.pecentral.com, Just Dance game, CATCH Box: Aerobic Rhythms</p>	<p>Unit 9:(6 Weeks) Foot Dribbling/Kicking/Striking/Volleying TEKS: 1ABCDEJK, 2AB, 3ABE, 5ABD, 6AB, 7ABC Suggested Activities: Volleyball, Kickball, Soccer, Racquetball Sports, Field Hockey Resources: www.pecentral.com, CATCH Box: Soccer, Volleyball, Softball, Tennis, Floor Hockey</p> <p>Unit 10: (1 Week) Safety TEKS: 5ABCD, 7ABC Suggested Activities: Stranger Danger, Swimming, Heat, Bicycle Safety Resources: www.pecentral.com, 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