



| First Semester | Second Semester |
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| <p>Unit 01: (1 Week) Introduction to Rules/Procedures/Exercises TEKS: 1DEF, 2C, 3ABCDE, 4BCI, 5ABD, 7ABCD <u>Suggested Activities:</u> Introduce class rules and warm-up/daily exercises. Introduce class procedures and safety precautions including fire drill and lock down. <u>Resources:</u> www.pecentral.com /CATCH Box: Warm up/Cool down.</p> <p>Unit 02: (5 Weeks) Conditioning/Benefits of Exercise/Health TEKS: 1BDEF, 2C, 3ABCDE, 4 ABCDEFGHI, 5A, 7ABC <u>Suggested Activities:</u> Tag games, relay races, shuttle run, mile, obstacle course, health lessons on benefits of exercise and factors that affect physical performance, Fartlek <u>Resources:</u> www.pecentral.com , CATCH Box: Quick Cardio, Aerobic Games, Fitness Challenges, (Go, Slow, Whoa, Eat Smart Games)</p> | <p>Unit 07: (5 Weeks) FitnessGram Lead up Activities TEKS: 1DEF, 2C, 3ABCDE , 4BCI, 5ABD, 7ABCD <u>Suggested Activities:</u> Push-ups, Curl-ups, Mile/Pacer, Shoulder Stretch, Trunk Lift, Conditioning (see conditioning activities), DVD, FitnessGram Assessment <u>Resources:</u> www.pecentral.com , CATCH Box: Muscular Strength and Endurance, Flexibility, Fitness Challenge, Aerobic Games, Quick Cardio, Bench Aerobics</p> <p>(2 Weeks) FitnessGram Assessment <u>Suggested Activities:</u> Aerobic Assessment (Pacer/Mile), Muscular Strength Assessment (curl-up/trunk lift/push-up/modified pull-up/flexed arm hang, Flexibility Assessment (back saver/ sit and reach/ shoulder stretch), Body Composition (Percent Body Fat/ BMI) <u>Resources:</u> www.fitnessgram.net www.cooperinstitute.org www.pecentral.com</p> |
| <p>Unit 03: (2 Weeks) Locomotor/Gross Motor Skills TEKS: 1ACDEF, 2C, 3ACD, 4B, 5ABD, 7ABCD <u>Suggested Activities:</u> Walking, running, hopping, jumping, skipping, galloping, sliding, leaping, high knees, high kicks, relay race, shuttle run, tumbling, crab walk, crawling, low crawl, Tumbling, Upper body form development <u>Resources:</u> www.pecentral.com /CATCH Box: Bench Aerobics, Aerobic Games, Limited Space</p> <p>Unit 04: (3 Weeks) Jump Rope/Hula Hoop TEKS: 1DEFGJ, 2BC, 3ABCDE, 4B, 5ABCD, 7BC <u>Suggested Activities:</u> Jump for Heart, Jump Rope Games, Hoop Games <u>Resources:</u> www.pecentral.com , CATCH Box: Jump Rope and Plastic Hoop</p> | <p>Unit 08: (7 Weeks) Team Sports (Throwing/Catching/Hand Dribbling/ Shooting) TEKS: 1ABDEFK, 2ABCD, 3AF, 4B, 5ABD, 6AB, 7ABCD <u>Suggested Activities:</u> Football, Baseball, Softball, Basketball, Kickball, Disc sports <u>Resources:</u> www.pecentral.com , CATCH Box: Football, Softball, Basketball, Flying Disc</p> |
| <p>Unit 05: (3 Weeks) Cooperative Games TEKS: 1ADEF, 2C, 3A, 4B, 5ABD, 6AB, 7ABCD <u>Suggested Activities:</u> Parachutes, Scooters, Crab Soccer, Flag Tag, Wild Animal Round Up, Noodle Games, Tag Games, 4Square, Hop Scotch, etc. <u>Resources:</u> www.pecentral.com , CATCH Box: Parachute Activities, Quick Cardio, Aerobic Games, (Go, Slow, Whoa, Eat Smart Games)</p> <p>Unit 06: (2 Weeks) Dance TEKS: 1CDEFHI, 2C, 3ABC, 4B, 5ABD, 6B, 7ABC <u>Suggested Activities:</u> Exercise to Music, Wii Dance, Line Dance, Traditional Dance <u>Resources:</u> www.pecentral.com , CATCH Box: Aerobic Rhythms</p> | <p>Unit 9:(6 Weeks) Team Sports (Foot Dribbling/Kicking/Striking/ Volleying) TEKS: 1ABDEFK, 2ABCD, 3AF, 4B, 5ABD, 6AB, 7ABCD <u>Suggested Activities:</u> Volleyball, Kickball, Soccer, Racquetball sports, field hockey <u>Resources:</u> www.pecentral.com , CATCH Box: Soccer, Volleyball, Softball, Tennis, Floor Hockey</p> <p>Unit 10: (1 Week) Safety TEKS: 5ABCDE, 7ABC <u>Suggested Activities:</u> Stranger Danger, swimming, heat, bicycle safety <u>Resources:</u> www.pecentral.com Safety Activities, Safety Videos</p> |

*** A variety of suggested activities should be selected within each unit.

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