



First Semester	Second Semester
<p>Unit 01: (1 Week) Introduction to Rules/Procedures/Exercises TEKS: 1E, 2BC, 3ABCD, 5ABCD, 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: 1BDEG, 2B, 3ABCD, 4 ABCDEFGHI, 5A, 7ABC Suggested Activities: Tag games, relay races, shuttle run, mile, obstacle course, health lessons on benefits of exercise and factors that affect physical performance, Fartlek 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 Lead up Activities TEKS: 1E, 2BC, 3ABCD, 4CD, 5ABCD, 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 Assessment (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: (2 Weeks) Locomotor/Gross Motor Skills TEKS: 1BEG, 2BC, 3ACD, 5ABCD, 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, Tumbling, Upper body form development. Resources: www.pecentral.com , CATCH Box: Bench Aerobics, Aerobic Games, Limited Space</p> <p>Unit 04: (3 Weeks) Jump Rope/Hula Hoop TEKS: 1ABDEGJ, 2BC, 3ABCD, 5ABCD, 7ABC Suggested Activities: Jump for Heart, Jump Rope Games, Hoop Games Resources: PE Central, CATCH Box: Jump Rope and Plastic Hoop Tabs</p>	<p>Unit 08: (7 Weeks) Team Sports (Throwing/Catching/Hand Dribbling/Shooting) TEKS: 1ABCEKL, 2ABC, 3AC, 5ABCD, 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: 1BDE, 2BC, 3A, 5ABCD, 6AB, 7ABC Suggested Activities: Parachutes, Scooters, Crab Soccer, Flag Tag, Wild Animal Round Up, Noodle Games, Tag Games, 4Square, 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 Weeks) Dance TEKS: 1EHI, 2BC, 3ABC, 5ABCD, 6B, 7ABC Suggested Activities: Exercise to Music, Wii Dance, Line Dance, Traditional Dance Resources: www.pecentral.com , CATCH Box: Aerobic Rhythms</p>	<p>Unit 09: (6 Weeks) Team Sports (Foot Dribbling/Kicking/Striking/Volleying) TEKS: 1ABCEKL, 2ABC, 3AC, 5ABCD, 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: 5ABCDE, 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 selected within each unit.

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