

Cycle 1		29 Days Aug. 22-Sept. 30, 2022	<i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.</i>
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
Unit 1: Foundations of Fitness This unit focuses on the foundation of fitness and conditioning the body for physical performance, flexibility, fitness, and longevity to meet the physical demands of everyday life. The lesson also focuses on the safety and proper nutrition required to enhance an excellent quality of life. In addition, students will exhibit appropriate social interaction and accept individual challenges of self-management skills to persevere positivity during games, sports, and activities.	24 class periods (45-min. lessons)	Introduction to Personal Fitness PE 8.2A combines and applies balance with control during dynamic activities, game situations, and sports. PE 8.4A performs, without cue, the appropriate use of open space and closing space during dynamic activities, games, and sports. PE 8.4B performs, without cue, the appropriate speed, direction, and force with or without an implement during dynamic activities, games, and sports. PE 8.8A perform a variety of lifelong physical activities and explain their effects on overall health and wellness PE 8.8B applies basic frequency, intensity, time, and type (FITT) principle in a variety of aerobic and anaerobic activities. PE 8.8C develops and analyzes a personal fitness plan using health-related and skill-related fitness components.	
	12 class periods (90-min. lessons)	Safety Prevention PE 8.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports. PE 8.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety.	
	Teachers Report to Campuses Aug. 8	Conditioning and Cooperative Games PE 8.2A combine and apply balance with control during dynamic activities, game situations, and sports PE 8.2B demonstrates proper body positioning, proficiency, and footwork and performs offensive and defensive skills during dynamic activities, game situations, and sports. PE 8.3A combines appropriate throwing techniques during game situations and sports. PE 8.3B applies appropriate catching technique from different levels and trajectories with an implement during game situations and sports. PE 8.6C follows rules, demonstrates appropriate sporting behavior, self-officiate, and respects consequences for the game being played without cue.	
	Teacher Service Days Aug. 8-12, Aug. 16-19	Nutrition PE 8.10A develops a healthy food choice plan that enhances physical performance. PE 8.10B determines hydration needs, without cue, based on physical performance and environmental factors.	
	Teacher Prep Day (no students) Aug. 15	Social and Emotional Health and Wellness PE 8.12A discusses the importance of and demonstrates respect for differences and similarities in abilities of self and others during game situations and sports.	
		Labor Day Sept. 5	

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		Aug. 22-Sept. 30, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
		<p>PE 8.12B evaluates self-management skills to demonstrate self-control of impulses and emotions, without cue, during games, situations, and sports.</p> <p>PE 8.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding.</p> <p>PE 8.13B communicates effectively to enhance healthy interactions while settling disagreements.</p> <p>PE 8.13C demonstrates empathy and mutual respect for the feelings of others.</p> <p>PE 8.14A develops and applies a plan of action and makes effective decisions when faced with challenges, obstacles, or difficulties during game situations.</p> <p>PE 8.15A provides constructive feedback to peers following teacher guidelines to improve performance.</p>	

Cycle 2		23 Days Oct. 3 - Nov. 4, 2022	<i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.</i>
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
Unit 2: Fitness Testing and Team Sports This unit focuses on students developing the fitness skills critical needed to participate in team sports and engage in the pretest of the FitnessGram Testing. In addition, students will exhibit appropriate social interaction and accept individual challenges of self-management skills to persevere positivity during games, sports, and activities..	24 class periods (45-min. lessons)	Pre-Fitness Testing PE 8.9A creates and implements a personal physical fitness plan and analyzes the results for effectiveness. PE 8.9B evaluates personal fitness goals and makes appropriate changes for improvement.	
	12 class periods (90-min. lessons) <i>Teacher Service Day (no students) Oct. 4</i> <i>Fall Holiday Oct. 5</i>	Developing Fitness Skills and Sportsmanship through Team Sports PE 8.1A combines and applies a variety of locomotor skills during dynamic fitness, sport, and rhythmic activities. PE 8.1B combines correct jumping and landing techniques during dynamic activities, game situations, and sports. PE 8.2A combines and applies balance with control during dynamic activities, game situations, and sports. PE 8.2B demonstrates proper body positioning, proficiency, and footwork and performs offensive and defensive skills during dynamic activities, game situations, and sports. PE 8.4A performs, without cue, the appropriate use of open space and closing space during dynamic activities, games, and sports. PE 7.4A executes the appropriate use of speed, direction, and force with or without an implement during dynamic activities, games, and sports. Safety Prevention PE 8.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports. PE 8.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety. Nutrition PE 8.10A develops a healthy food choice plan that enhances physical performance. PE 8.10B determines hydration needs, without cue, based on physical performance and environmental factors. Social and Emotional Health and Wellness PE 8.12A discusses the importance of and demonstrates respect for differences and similarities in abilities of self and others during game situations and sports. PE 8.12B evaluates self-management skills to demonstrate self-control of impulses and emotions, without cue, during games, situations, and sports. PE 8.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding. PE 8.13B communicates effectively to enhance healthy interactions while settling disagreements.	

Cycle 2		23 Days Oct. 3 - Nov. 4, 2022	The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
		PE 8.13C demonstrates empathy and mutual respect for the feelings of others. PE 8.14A develops and applies a plan of action and makes effective decisions when faced with challenges, obstacles, or difficulties during game situations. PE 8.15A provides constructive feedback to peers following teacher guidelines to improve performance.	

Cycle 3		28 Days Nov. 7 - Dec. 21, 2022	The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
Unit 3: Personal fitness, Conditioning, Lead-up Games, Sports, and Activities This unit focuses on designing a personal fitness plan and conditioning for physical performance, flexibility, health, and longevity to meet the physical demands of everyday life; the lesson also focuses on safety and proper nutrition.	24 class periods (45-min. lessons)	Personal Fitness PE 8.8A performs a variety of lifelong physical activities and explains their effects on overall health and wellness.	
	12 class periods (90-min. lessons)	PE 8.8B performs basic frequency, intensity, time, and type (FITT) principle in a variety of self-selected aerobic and anaerobic activities.	
	Thanksgiving Break Nov. 21-25	PE 8.8C develops and analyzes a personal fitness plan using health-related and skill-related fitness components.	
	Winter Break (students) Dec. 22 - Jan. 6	PE 8.9A creates and implements a personal physical fitness plan and analyzes the results for effectiveness. PE 8.9B evaluates personal fitness goals and makes appropriate changes for improvement. PE 8.16B participates in self-selected physical activities for personal enjoyment.	
	Winter Break (teachers) Dec. 22 - Jan. 4	Conditioning PE 8.2A combines and applies balance with control during dynamic activities, game situations, and sports. PE 8.2B demonstrates proper body positioning, proficiency, and footwork and performs offensive and defensive skills during dynamic activities, game situations, and sports. PE 8.3B applies appropriate catching technique from different levels and trajectories with an implement during game situations and sports. PE 8.4A performs, without cue, the appropriate use of open space and closing space during dynamic activities, games, and sports. PE 8.4B performs, without cue, the appropriate speed, direction, and force with or without an implement during dynamic activities, games, and sports.	
		Lead-up Games, Sports and Activities PE 8.3A combines appropriate throwing techniques during game situations and sports. PE 8.3B applies appropriate catching technique from different levels and trajectories with an implement during game situations and sports. PE 8.3C performs, without cue, key elements in hand dribbling during game situations and sports. PE 8.3D performs, without cue, key elements in foot dribbling during game situations and sports. PE 8.3E applies correct technique in kicking and punting during game situations and sports with control, distance, and accuracy. PE 8.3F performs, without cue, key elements in volleying during game situations and sports. PE 8.3G performs, without cue, key elements in striking during game situations and sports. PE 8.3H creates and performs a jump rope routine with a partner or a small group using a variety of skills that include agility, speed, and endurance.	

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Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
		<p><u>Nutrition</u> PE 8.10A develops a healthy food choice plan that enhances physical performance. PE 8.10B determines hydration needs, without cue, based on physical performance and environmental factors.</p> <p><u>Safety Prevention</u> PE 8.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports. PE 8.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety.</p> <p><u>Social and Emotional Health and Wellness</u> PE 8.12A discusses the importance of and demonstrates respect for differences and similarities in abilities of self and others during game situations and sports. PE 8.12B evaluates self-management skills to demonstrate self-control of impulses and emotions, without cue, during games, situations, and sports. PE 8.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding. PE 8.13B communicates effectively to enhance healthy interactions while settling disagreements. PE 8.13C demonstrates empathy and mutual respect for the feelings of others. PE 8.14A develops and applies a plan of action and makes effective decisions when faced with challenges, obstacles, or difficulties during game situations. PE 8.15A provides constructive feedback to peers following teacher guidelines to improve performance.</p>	

Cycle 4		33 Days Jan. 9 - Feb. 24, 2023	<i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.</i>
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
Unit 4: Rhythm and Dance This unit focuses on movement that teaches rhythmic patterns and performances, such as folk, square, aerobic dance, and social dancing, enhancing cultural diversity and promoting social interaction. It also focuses on fluent reading patterns through movement.	24 class periods (45-min. lessons)	Rhythmic Locomotor Movements PE 8.1A combines and applies a variety of locomotor skills during dynamic fitness, sport, and rhythmic activities. PE 8.1B combines correct jumping and landing techniques during dynamic activities, game situations, and sports. PE 8.8A performs a variety of lifelong physical activities and explains their effects on overall health and wellness. PE 8.8C develops and analyzes a personal fitness plan using health-related and skill-related fitness components.	
	12 class periods (90-min. lessons)	PE 8.8A performs a variety of lifelong physical activities and explains their effects on overall health and wellness. PE 8.8C develops and analyzes a personal fitness plan using health-related and skill-related fitness components.	
	Winter Break (students) Dec. 22 - Jan. 6		
	Winter Break (teachers) Dec. 22 - Jan. 4	Movement through Patterns: Square Dance, Aerobic Dance, Social Dance, Stepping, Modern, Classical, Tap PE 8.4A performs, without cue, the appropriate use of open space and closing space during dynamic activities, games, and sports. PE 8.4B performs, without cue, the appropriate speed, direction, and force with or without an implement during dynamic activities, games, and sports. PE 8.5A creates and performs with a small group a rhythmic routine with varying tempos using advanced steps and movement patterns. PE 8.8C develops and analyzes a personal fitness plan using health-related and skill-related fitness components.	
	MLK Jr. Day Jan. 16		
	Teacher Prep Day (no students) Jan. 5	PE 8.16A implements a plan using available technology to participate in moderate to vigorous physical activity for a sustained period of time on a regular basis. PE 8.16B implements a plan using available technology to participate in moderate to vigorous physical activity for a sustained period of time on a regular basis.	
	Teacher Service Day (no students) Jan. 6		
	Teacher Service Day (no students) Feb. 20	Nutrition PE 8.10A develops a healthy food choice plan that enhances physical performance. PE 8.10B determines hydration needs, without cue, based on physical performance and environmental factors.	
		Safety Prevention PE 8.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports. PE 8.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety.	
		Social and Emotional Health and Wellness PE 8.12A discusses the importance of and demonstrates respect for differences and similarities in abilities of self and others during game situations and sports. PE 8.12B evaluates self-management skills to demonstrate self-control of impulses and emotions, without cue, during games, situations, and sports.	

<div> <div>Cycle 4</div> <div>33 Days</div> <div>Jan. 9 - Feb. 24, 2023</div> </div> <div> <i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.</i> </div>		
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
		<p>PE 8.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding.</p> <p>PE 8.13B communicates effectively to enhance healthy interactions while settling disagreements.</p> <p>PE 8.13C demonstrates empathy and mutual respect for the feelings of others.</p> <p>PE 8.14A develops and applies a plan of action and makes effective decisions when faced with challenges, obstacles, or difficulties during game situations.</p> <p>PE 8.15A provides constructive feedback to peers following teacher guidelines to improve performance.</p>

<p>Cycle 5</p> <p>28 Days</p> <p>Feb. 27 - Apr. 14, 2023</p> <p><i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.</i></p>		
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<p>Unit 5: Fitness Testing and Individual Sports</p> <p>This unit focuses on students participating in the post-test of the Fitnessgram and sports where a student experiences an individual, highlighting learning the basics of the sport, form, rules, and sportsmanship.</p>	<p>24 class periods (45-min. lessons)</p> <p>12 class periods (90-min. lessons)</p> <p><i>Spring Break</i> <i>Mar. 13-17</i></p> <p><i>Chávez-Huerta Day</i> <i>Mar. 31</i></p> <p><i>Spring Holiday</i> <i>Apr. 7</i></p>	<p>Post-Fitness Testing</p> <p>PE 8.8A performs a variety of lifelong physical activities and explains their effects on overall health and wellness.</p> <p>PE 8.8C develops and analyzes a personal fitness plan using health-related and skill-related fitness components.</p> <p>PE 8.9A creates and implements a personal physical fitness plan and analyzes the results for effectiveness.</p> <p>PE 8.9B evaluates personal fitness goals and makes appropriate changes for improvement.</p> <p>Individual Sports</p> <p>PE 8.6A performs, without cue, offensive and defensive strategies used in net or wall, invasion, target, striking and fielding games and sports.</p> <p>PE 8.6B performs, without cue, combinations or sequences of game skills to achieve individual or team goals.</p> <p>PE 8.6C follows rules, demonstrates appropriate sporting behavior, self-officiate, and respects consequences for the game being played without cue.</p> <p>PE 8.16A implements a plan using available technology to participate in moderate to vigorous physical activity for a sustained period of time on a regular basis.</p> <p>PE 8.16B participates in self-selected physical activities for personal enjoyment.</p> <p>Nutrition</p> <p>PE 8.10A develops a healthy food choice plan that enhances physical performance.</p> <p>PE 8.10B determines hydration needs, without cue, based on physical performance and environmental factors.</p> <p>Safety Prevention</p> <p>PE 8.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports.</p> <p>PE 8.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety.</p> <p>Social and Emotional Health and Wellness</p> <p>PE 8.12A discusses the importance of and demonstrates respect for differences and similarities in abilities of self and others during game situations and sports.</p> <p>PE 8.12B evaluates self-management skills to demonstrate self-control of impulses and emotions, without cue, during games, situations, and sports.</p> <p>PE 8.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding.</p> <p>PE 8.13B communicates effectively to enhance healthy interactions while settling disagreements.</p>

Cycle 5		28 Days Feb. 27 - Apr. 14, 2023	<i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.</i>
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
		<p>PE 8.13C demonstrates empathy and mutual respect for the feelings of others.</p> <p>PE 8.14A develops and applies a plan of action and makes effective decisions when faced with challenges, obstacles, or difficulties during game situations.</p> <p>PE 8.15A provides constructive feedback to peers following teacher guidelines to improve performance.</p>	

Cycle 6		31 Days Apr. 17 - May 31, 2023	<i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.</i>
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
Unit 6: Outdoor and Recreation Activities This unit focuses on students participating in adventurous, experimental outdoor activities and survival skills experienced in a group or individual setting.	24 class periods (45-min. lessons)	Outdoor Survival skills PE 8.7A engages in a variety of self-selected outdoor recreational activities and games. PE 8.8A performs a variety of lifelong physical activities and explains their effects on overall health and wellness. PE 8.16B participates in self-selected physical activities for personal enjoyment.	
	12 class periods (90-min. lessons) <i>Memorial Day</i> <i>May 29</i> <i>Teacher Prep Day</i> <i>(no students)</i> <i>June 1</i>	Land Navigation PE 8.8A performs a variety of lifelong physical activities and explains their effects on overall health and wellness. PE 8.16A implements a plan using available technology to participate in moderate to vigorous physical activity for a sustained period of time on a regular basis. PE 8.16B participates in self-selected physical activities for personal enjoyment. Angler & Fish Activities PE 8.4A performs, without cue, the appropriate use of open space and closing space during dynamic activities, games, and sports. PE 8.4B performs, without cue, the appropriate speed, direction, and force with or without an implement during dynamic activities, games, and sports. PE 8.7A engages in a variety of self-selected outdoor recreational activities and games. PE 8.16B participates in self-selected physical activities for personal enjoyment. Challenge of Initiatives Games PE 8.4A performs, without cue, the appropriate use of open space and closing space during dynamic activities, games, and sports. PE 8.4B performs, without cue, the appropriate speed, direction, and force with or without an implement during dynamic activities, games, and sports. PE 8.8A performs a variety of lifelong physical activities and explains their effects on overall health and wellness. Safety Prevention PE 8.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports. PE 8.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety. Nutrition PE 8.10A develops a healthy food choice plan that enhances physical performance. PE 8.10B determines hydration needs, without cue, based on physical performance and environmental factors. Social and Emotional Health and Wellness	

Cycle 6		31 Days Apr. 17 - May 31, 2023	<i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.</i>
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
		<p>PE 8.12A discusses the importance of and demonstrates respect for differences and similarities in abilities of self and others during game situations and sports.</p> <p>PE 8.12B evaluates self-management skills to demonstrate self-control of impulses and emotions, without cue, during games, situations, and sports.</p> <p>PE 8.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding.</p> <p>PE 8.13B communicates effectively to enhance healthy interactions while settling disagreements.</p> <p>PE 8.13C demonstrates empathy and mutual respect for the feelings of others.</p> <p>PE 8.14A develops and applies a plan of action and makes effective decisions when faced with challenges, obstacles, or difficulties during game situations.</p> <p>PE 8.15A provides constructive feedback to peers following teacher guidelines to improve performance.</p>	