

Cycle 1	27 Days	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.
	Aug. 23 - Oct. 1, 2021	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
Unit 1: Rules and Safety In this unit, students will focus on rules and safety, while developing a consciousness of self in comparison to the body, relationships, and space. Students will focus on rules and safety procedures as they impact movement, physical activity, and positive social development.	6 class periods 45-min. each	PE.1.1A Demonstrate an awareness of personal and general space while moving at different directions and levels such as high, medium, and low. PE.1.5B Describe the importance of protective equipment in preventing injury such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing. PE.1.5C Describe how to protect him/ her from harmful effects of the sun. PE.1.5E Describe and demonstrate appropriate reactions to emergency situations common to physical activity settings such as universal safety precautions and calling 911. PE.1.1H Demonstrate on cue key elements in overhand throw, underhand throw, and catch. PE.1.3C Participate in appropriate exercises for flexibility in shoulders, legs, and trunk. PE.1.6A Demonstrate starting and stopping signals. PE.1.6B Explain boundaries and rules for simple games. PE.1.1B Demonstrate proper foot patterns in hopping, jumping, skipping, leaping, galloping, and sliding. PE.1.1C Demonstrate control in balancing and traveling activities. PE.1.2A Recognize that motor skill development requires correct practice. PE.1.2B Demonstrate a base of support and explain how it affects balance. PE.1.3A Describe and select physical activities that provide opportunities for enjoyment and challenge. PE.1.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration. PE.1.3C Participate in appropriate exercises for flexibility in shoulders, legs, and trunk. PE.1.3D Demonstrate the ability to lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping. PE.1.6A Demonstrate starting and stopping signals. PE.1.6B Explain boundaries and rules for simple games. PE.1.7A Follow directions and apply safe movement practices. PE.1.7B Interact, cooperate, and respect others.
	<i>Enrichment Opportunities</i> <i>Aug. 2-13</i> <i>Teachers Report to Work</i> <i>Aug. 16</i> <i>Teacher Service Days</i> <i>Aug. 16-17,</i> <i>Aug. 19-20</i> <i>Teacher Prep Day</i> <i>(no students)</i> <i>Aug. 18</i> <i>Labor Day</i> <i>Sept. 6</i> <i>Fall Holiday</i> <i>Sept. 16</i> <i>Teacher Service Day</i> <i>(no students)</i> <i>Sept. 17</i>	

Cycle 2	29 Days	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.
	Oct. 5 - Nov. 12, 2021	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
Unit 2: Rhythm, Dance and Mindfulness This unit focuses on movement that teaches rhythmic patterns and performances, such as folk, square, aerobic dance, as well as social dancing which will enhance cultural diversity and promote social interaction. The practice of mindfulness will provide the students empowerment within themselves attaining increased self-awareness, development of self-regulation skills and self-control through brain boosting movements, breathing exercises, creative movements, mindfulness activities, and relaxation and visualization techniques.	6 class periods 45-min. each	PE.1.1A Demonstrate an awareness of personal and general space while moving at different directions and levels such as high, medium, and low. PE.1.1B Demonstrate proper foot patterns in hopping, jumping, skipping, leaping, galloping, and sliding. PE.1.1C Demonstrate control in balancing and traveling activities. PE.1.3C Participate in appropriate exercises for flexibility in shoulders, legs, and trunk. PE.1.1E Clap in time to a simple rhythmic beat. PE.1.1F Create and imitate movement in response to selected rhythms. PE.1.2A Recognize that motor skill development requires correct practice. PE.1.2B Demonstrate a base of support and explain how it affects balance. PE.1.3A Describe and select physical activities that provide opportunities for enjoyment and challenge. PE.1.3D Demonstrate the ability to lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping. PE.1.4C Describe how muscles and bones work together to produce movement. PE.1.1D Demonstrate the ability to work with a partner such as leading and following. PE.1.7A Follow directions and apply safe movement practices. PE.1.7B Interact, cooperate, and respect others.
	<i>Teacher Service Day (no students)</i> Oct. 4	

Cycle 3	30 Days	
	Nov. 15, 2021 - Jan. 14, 2022	
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Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
Unit 3: Lead-Up Activities and Skills In this unit, students will engage in lead-up activities that provide them with a variety of basic skills to be successful in a lifetime of physical activities. These skills will prepare them for sport-specific games as well. Students will learn how different body actions and simple gaming rules form activities.	6 class periods 45-min. each	PE.1.1A Demonstrate an awareness of personal and general space while moving at different directions and levels such as high, medium, and low. PE.1.1H Demonstrate on cue key elements in overhand throw, underhand throw, and catch. PE.1.4C Describe how muscles and bones work together to produce movement. PE.1.6A Demonstrate starting and stopping signals. PE.1.1D Demonstrate the ability to work with a partner such as leading and following. PE.1.1E Clap in time to a simple rhythmic beat. PE.1.1F Create and imitate movement in response to selected rhythms. PE.1.1G Jump a long rope. PE.1.4A Distinguish between active and inactive lifestyles. PE.1.4B Describe the location and function of the heart. PE.1.4C Describe how muscles and bones work together to produce movement. PE.1.4D Describe food as a source of energy. PE.1.7A Follow directions and apply safe movement practices. PE.1.7B Interact, cooperate, and respect others. PE.1.7C Resolve conflicts in socially acceptable ways such as talking and asking the teacher for help.
	<i>Thanksgiving Break</i> <i>Nov. 22-26</i> <i>Enrichment Opportunities</i> <i>Dec. 20-21</i> <i>Winter Break</i> <i>Dec. 20-31</i> <i>MLK Jr. Day</i> <i>Jan. 17</i> <i>Teacher Prep Day</i> <i>(no students)</i> <i>Jan. 18</i>	

Cycle 4	27 Days	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.
	Jan. 19 - Feb. 25, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
Unit 5: Fitness Assessment In this unit, students will demonstrate fitness skills and learn the benefits of daily exercise. Students will be able to recognize how fitness may positively impact motor development, wellness, and social development. Students will participate in fitness lessons that prepare their bodies for daily life challenges.	6 class periods 45-min. each	PE.1.1D Demonstrate the ability to work with a partner such as leading and following. PE.1.1F Create and imitate movement in response to selected rhythms. PE.1.2A Recognize that motor skill development requires correct practice. PE.1.2B Demonstrate a base of support and explain how it affects balance. PE.1.3A Describe and select physical activities that provide opportunities for enjoyment and challenge. PE.1.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration. PE.1.4A Distinguish between active and inactive lifestyles. PE.1.4B Describe the location and function of the heart. PE.1.4D Describe food as a source of energy. PE.1.4E Explain the negative effects of smoking, lack of sleep, and poor dietary habits on physical performance and on the body. PE.1.7B Interact, cooperate, and respect others. PE.1.7C Resolve conflicts in socially acceptable ways such as talking and asking the teacher.
	<i>Teacher Service Day/Presidents' Day (no students) Feb. 21</i>	

Cycle 5	33 Days	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.
	Feb. 28 - Apr. 22, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
Unit 5: Fitness Assessment In this unit, students will demonstrate fitness skills and learn the benefits of daily exercise. Students will be able to recognize how fitness may positively impact motor development, wellness, and social development. Students will participate in fitness lessons that prepare their bodies for daily life challenges.	6 class periods 45-min. each	PE.1.1D Demonstrate the ability to work with a partner such as leading and following. PE.1.1F Create and imitate movement in response to selected rhythms. PE.1.2A Recognize that motor skill development requires correct practice. PE.1.2B Demonstrate a base of support and explain how it affects balance. PE.1.3A Describe and select physical activities that provide opportunities for enjoyment and challenge. PE.1.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration. PE.1.4A Distinguish between active and inactive lifestyles. PE.1.4B Describe the location and function of the heart. PE.1.4D Describe food as a source of energy. PE.1.4E Explain the negative effects of smoking, lack of sleep, and poor dietary habits on physical performance and on the body. PE.1.7B Interact, cooperate, and respect others. PE.1.7C Resolve conflicts in socially acceptable ways such as talking and asking the teacher.
	<i>Teacher Service Day/Presidents' Day (no students) Feb. 21</i>	

Cycle 6	31 Days	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.
	Apr. 25 - June 7, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<p>Unit 6: Recreational Games and Outdoor Activities</p> <p>In this unit, students will practice recreational games and activities that may be played at home or in a community setting. Recreational activities will provide students with options on how to utilize free time in a positive manner. Students will be able to identify how recreational activities can be used as a positive outlet for energy expenditure. Students will demonstrate skills of being a responsible and respectful peer in school and the community.</p> <p>Students will learn water safety, sun safety and summer fitness.</p>	<p>6 class periods 45-min. each</p> <p><i>Memorial Day May 30</i></p> <p><i>Teacher Prep Day (no students) June 8</i></p>	<p>PE.1.1A Demonstrate an awareness of personal and general space while moving at different directions and levels such as high, medium and low.</p> <p>PE.1.1E Clap in time to a simple rhythmic beat.</p> <p>PE.1.1F Create and imitate movement in response to selected rhythms.</p> <p>PE.1.1H Demonstrate on cue key elements in overhand throw, underhand throw and catch.</p> <p>PE.1.3A Describe and select physical activities that provide opportunities for enjoyment and challenge.</p> <p>PE.1.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.</p> <p>PE.1.4E Explain the negative effects of smoking, lack of sleep, and poor dietary habits on physical performance and on the body.</p> <p>PE.1.5B Describe the importance of protective equipment in preventing injury such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing.</p> <p>PE.1.5C Describe how to protect him/her from harmful effects of the sun.</p> <p>PE.1.5D List water safety rules and demonstrate simple extension rescue.</p> <p>PE.1.5E Describe and demonstrate appropriate reactions to emergency situations common to physical activity settings such as universal safety precautions and calling 911.</p> <p>PE.1.6B Explain boundaries and rules for simple games.</p> <p>PE.1.7A Follow directions and apply safe movement practices.</p> <p>PE.1.7B Interact, cooperate, and respect others.</p>