

Cycle 1	27 Days Aug. 23 - Oct. 1, 2021	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:
<p>Unit 1: Conditioning and Skill Development</p> <p>This unit provides students with opportunities to acquire knowledge, develop skills and strategies as well as maintain and/or improve their personal fitness utilizing safety practices necessary to participate in a variety of team sports such as, basketball, flag football, soccer, softball, speedball, floor hockey, track and field, and volleyball.</p>	<p>11 class periods (90 min. each) or 22 class periods (45 min. each)</p> <p><i>Enrichment Opportunities</i> Aug. 2-13</p> <p><i>Teachers Report to Work</i> Aug. 16</p> <p><i>Teacher Service Days</i> Aug. 16-17, Aug. 19-20</p> <p><i>Teacher Prep Day</i> (no students) Aug. 18</p> <p><i>Labor Day</i> Sept. 6</p> <p><i>Fall Holiday</i> Sept. 16</p> <p><i>Teacher Service Day</i> (no students) Sept. 17</p>	<p>PE Rules and Procedures (5 class periods) Safety TS.6B Identify and apply rules and procedures that are designed for safe participation in team sports. TS. 7D Anticipate potentially dangerous consequences of participating in selected team sports.</p> <p>-----</p> <p>Conditioning (17 class periods) Conditioning/Skill Development TS.1A Demonstrate consistency using all the basic offensive skills of a sport while participating in a game such as dribbling, batting, or spiking competently in a dynamic setting. TS.1B Demonstrate consistency using all the basic defensive skills of a sport while participating in a game such as guarding, trapping, blocking, fielding, tackling, or goalkeeping competently in a dynamic setting. TS.2B Describe appropriate practice procedures to improve skill and strategy in an activity. TS.2D Identify correctly the critical elements for successful performance within the context of the activity. TS. 2E Recognize that improvement is possible with appropriate practice. TS.3C Demonstrate officiating techniques. Character Development TS.3A Acknowledge good play from an opponent during competition. TS.3B Accept the roles and decisions of officials. TS.7B Respond to challenges, successes, and failures in physical activities in socially appropriate ways. TS.7C Accept successes and performance limitations of self and others and exhibit appropriate behavior/responses. TS.7E Display appropriate etiquette while participating in a sport.</p> <p>Safety TS.6A Evaluate risks and safety factors that may affect sport preferences. TS.6B Identify and apply rules and procedures that are designed for safe participation in team sports. TS. 7D Anticipate potentially dangerous consequences of participating in selected team sports.</p> <p>Technology TS.2A Use internal and external information to modify movement during performance. TS.3D Research and describe the historical development of an individual sport.</p>

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:
<p>Unit 2: Team Sport Fitness / Risk Behaviors</p> <p>This unit focuses on evaluating and developing students' personal fitness skills utilizing the components of the Fitness Gram. Students will establish personal fitness goals and define plans for accomplishing them. As students are learning and developing sport –related skills; they will identify risk behaviors such as eating disorders and substance abuse and its effects on personal health and fitness. Team sports may include, but are not limited to, basketball, flag football, soccer, softball, speedball, floor hockey, track and field, and volleyball.</p>	<p>12 class periods (90 min. each) or 24 class periods (45 min. each)</p> <p><i>Teacher Service Day (no students) Oct. 4</i></p>	<p>Physical Fitness Testing (12 class periods) Conditioning/Skill Development TS.2B Describe appropriate practice procedures to improve skill and strategy in an activity. TS.2D Identify correctly the critical elements for successful performance within the context of the activity. TS.2C Develop an appropriate conditioning program for the selected activity.</p> <p>Safety TS.6B Identify and apply rules and procedures that are designed for safe participation in team sports. TS. 7D Anticipate potentially dangerous consequences of participating in selected team sports.</p> <p>Personal Fitness TS.4B Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. TS.4C Describe the health and fitness benefits derived from participating in selected team sports. TS.4E Develop and participate in a personal fitness program that has the potential to provide identified goals. TS.4F Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.</p> <p>Technology TS.2A Use internal and external information to modify movement during performance.</p> <p>Goal Setting TS.4D Establish realistic yet challenging health-related fitness goals. TS.4E Develop and participate in a personal fitness program that has the potential to provide identified goals. TS.7A Evaluate personal skills and set realistic goals for improvement..</p> <p>Conditioning (12 class periods) Conditioning/Skill Development TS.1A Demonstrate consistency using all the basic offensive skills of a sport while participating in a game such as dribbling, batting, or spiking competently in a dynamic setting. TS.1B Demonstrate consistency using all the basic defensive skills of a sport while participating in a game such as guarding, trapping, blocking, fielding, tackling, or goalkeeping competently in a dynamic setting. TS.2B Describe appropriate practice procedures to improve skill and strategy in an activity. TS.2D Identify correctly the critical elements for successful performance within the context of the activity. TS. 2E Recognize that improvement is possible with appropriate practice. TS.3C Demonstrate officiating techniques.</p>

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.
Unit	# Class Periods	
	Oct. 5 - Nov. 12, 2021	<p>Character Development</p> <p>TS.3A Acknowledge good play from an opponent during competition.</p> <p>TS.3B Accept the roles and decisions of officials.</p> <p>TS.7B Respond to challenges, successes, and failures in physical activities in socially appropriate ways.</p> <p>TS.7C Accept successes and performance limitations of self and others and exhibit appropriate behavior/responses.</p> <p>TS.7E Display appropriate etiquette while participating in a sport.</p> <p>Safety</p> <p>TS.6A Evaluate risks and safety factors that may affect sport preferences.</p> <p>TS.6B Identify and apply rules and procedures that are designed for safe participation in team sports.</p> <p>TS. 7D Anticipate potentially dangerous consequences of participating in selected team sports.</p> <p>Technology</p> <p>TS.2A Use internal and external information to modify movement during performance.</p> <p>TS.3D Research and describe the historical development of an individual sport.</p> <p>Risk Behaviors</p> <p>TS.5B Explain the effects of eating and exercise patterns on weight control, self-concept, and physical performance.</p> <p>TS.5C Explain the effects of substance abuse on personal health and performance in physical activity.</p>

Cycle 3	30 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.
	Nov. 15, 2021 - Jan. 14, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<p>Unit 3: Team Sport Skill Development/ Training Principles</p> <p>This unit focuses on evaluating and developing students' personal fitness skills utilizing the components of the health-related fitness. Students will analyze and evaluate personal fitness plans in terms of personal fitness goals. As students are learning and developing team sport skills; they will identify team sports that will allow them to achieve health related fitness goals and discuss training principles designed to enhance personal fitness. Team sports may include, but are not limited to, basketball, flag football, soccer, softball, speedball, floor hockey, track and field, and volleyball.</p>	<p>12 class periods (90 min. each) or 24 class periods (45 min. each)</p> <p><i>Thanksgiving Break</i> Nov. 22-26</p> <p><i>Enrichment Opportunities</i> Dec. 20-21</p> <p><i>Winter Break</i> Dec. 20-31</p> <p><i>MLK Jr. Day</i> Jan. 17</p> <p><i>Teacher Prep Day</i> (no students) Jan. 18</p>	<p>Training Principles (12 class periods) Conditioning/Skill Development TS.2D Identify correctly the critical elements for successful performance within the context of the activity. TS.2E Recognize that improvement is possible with appropriate practice.</p> <p>Personal Fitness TS.5A Discuss training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance. TS.4B Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. TS.4E Develop and participate in a personal fitness program that has the potential to provide identified goals. TS.4F Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.</p> <p>Technology TS.2A Use internal and external information to modify movement during performance. TS.4B Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.</p> <p>Goal Setting TS.7A Evaluate personal skills and set realistic goals for improvement. TS.4D Establish realistic yet challenging health-related fitness goals. TS.4E Develop and participate in a personal fitness program that has the potential to provide identified goals.</p> <p>-----</p> <p>Skill Development (12 class periods) Conditioning/Skill Development TS.1A Demonstrate consistency using all the basic offensive skills of a sport while participating in a game such as dribbling, batting, or spiking competently in a dynamic setting. TS.1B Demonstrate consistency using all the basic defensive skills of a sport while participating in a game such as guarding, trapping, blocking, fielding, tackling, or goalkeeping competently in a dynamic setting. TS.2B Describe appropriate practice procedures to improve skill and strategy in an activity. TS.2D Identify correctly the critical elements for successful performance within the context of the activity. TS.2E Recognize that improvement is possible with appropriate practice. TS.3C Demonstrate officiating techniques.</p> <p>Character Development TS.3A Acknowledge good play from an opponent during competition. TS.3B Accept the roles and decisions of officials. TS.4A Select and participate in individual sports that provide for enjoyment and challenge.</p>

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:
<p>Unit 4: Conditioning and Skill Development</p> <p>This unit provides students with opportunities to acquire knowledge, develop skills and strategies as well as maintain and/or improve their personal fitness utilizing safety practices necessary to participate in a variety of team sports such as, basketball, flag football, soccer, softball, speedball, floor hockey, track and field, and volleyball.</p>	<p>11 class periods (90 min. each) or 22 class periods (45 min. each)</p> <p><i>Teacher Service Day/Presidents' Day (no students) Feb. 21</i></p>	<p>PE Rules and Procedures (11 class periods)</p> <p>Safety TS.6B Identify and apply rules and procedures that are designed for safe participation in team sports. TS. 7D Anticipate potentially dangerous consequences of participating in selected team sports.</p> <p>----- -</p> <p>Conditioning (11 class periods) Conditioning/Skill Development TS.1A Demonstrate consistency using all the basic offensive skills of a sport while participating in a game such as dribbling, batting, or spiking competently in a dynamic setting. TS.1B Demonstrate consistency using all the basic defensive skills of a sport while participating in a game such as guarding, trapping, blocking, fielding, tackling, or goalkeeping competently in a dynamic setting. TS.2B Describe appropriate practice procedures to improve skill and strategy in an activity. TS.2D Identify correctly the critical elements for successful performance within the context of the activity. TS. 2E Recognize that improvement is possible with appropriate practice. TS.3C Demonstrate officiating techniques.</p> <p>Character Development TS.3A Acknowledge good play from an opponent during competition. TS.3B Accept the roles and decisions of officials. TS.7B Respond to challenges, successes, and failures in physical activities in socially appropriate ways. TS.7C Accept successes and performance limitations of self and others and exhibit appropriate behavior/responses. TS.7E Display appropriate etiquette while participating in a sport.</p> <p>Safety TS.6A Evaluate risks and safety factors that may affect sport preferences. TS.6B Identify and apply rules and procedures that are designed for safe participation in team sports. TS. 7D Anticipate potentially dangerous consequences of participating in selected team sports.</p> <p>Technology TS.2A Use internal and external information to modify movement during performance. TS.3D Research and describe the historical development of an individual sport.</p>

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:
<p>Unit 5: Team Sport Fitness / Risk Behaviors</p> <p>This two-part unit focuses on evaluating and developing students' personal fitness skills utilizing the components of the Fitness Gram. Students will establish personal fitness goals and define plans for accomplishing them. As students are learning and developing sport –related skills; they will identify risk behaviors such as eating disorders and substance abuse and its effects on personal health and fitness. Team sports may include, but are not limited to, basketball, flag football, soccer, softball, speedball, floor hockey, track and field, and volleyball.</p>	<p>13 class periods (90 min. each) or 26 class periods (45 min. each)</p> <p><i>Enrichment Opportunities Mar. 14-16</i></p> <p><i>Spring Break Mar. 14-18</i></p> <p><i>Chávez-Huerta Day Mar. 28</i></p> <p><i>Spring Holiday Apr. 15</i></p>	<p>Physical Fitness Testing (13 class periods) Conditioning/Skill Development TS.2B Describe appropriate practice procedures to improve skill and strategy in an activity. TS.2D Identify correctly the critical elements for successful performance within the context of the activity. TS.2C Develop an appropriate conditioning program for the selected activity. Safety TS.6B Identify and apply rules and procedures that are designed for safe participation in team sports. TS. 7D Anticipate potentially dangerous consequences of participating in selected team sports. Personal Fitness TS.4B Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. TS.4C Describe the health and fitness benefits derived from participating in selected team sports. TS.4E Develop and participate in a personal fitness program that has the potential to provide identified goals. TS.4F Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance. Technology TS.2A Use internal and external information to modify movement during performance. Goal Setting TS.4D Establish realistic yet challenging health-related fitness goals. TS.4E Develop and participate in a personal fitness program that has the potential to provide identified goals. TS.7A Evaluate personal skills and set realistic goals for improvement.</p> <p>Conditioning (13 class periods) Conditioning/Skill Development TS.1A Demonstrate consistency using all the basic offensive skills of a sport while participating in a game such as dribbling, batting, or spiking competently in a dynamic setting. TS.1B Demonstrate consistency using all the basic defensive skills of a sport while participating in a game such as guarding, trapping, blocking, fielding, tackling, or goalkeeping competently in a dynamic setting. TS.2B Describe appropriate practice procedures to improve skill and strategy in an activity. TS.2D Identify correctly the critical elements for successful performance within the context of the activity. TS. 2E Recognize that improvement is possible with appropriate practice. TS.3C Demonstrate officiating techniques. Character Development TS.3A Acknowledge good play from an opponent during competition. TS.3B Accept the roles and decisions of officials.</p>

Cycle 5	33 Days Feb. 28 - Apr. 22, 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:
		<p>TS.7B Respond to challenges, successes, and failures in physical activities in socially appropriate ways.</p> <p>TS.7C Accept successes and performance limitations of self and others and exhibit appropriate behavior/responses.</p> <p>TS.7E Display appropriate etiquette while participating in a sport.</p> <p>Safety</p> <p>TS.6A Evaluate risks and safety factors that may affect sport preferences.</p> <p>TS.6B Identify and apply rules and procedures that are designed for safe participation in team sports.</p> <p>TS. 7D Anticipate potentially dangerous consequences of participating in selected team sports.</p> <p>Technology</p> <p>TS.2A Use internal and external information to modify movement during performance.</p> <p>TS.3D Research and describe the historical development of an individual sport.</p> <p>Risk Behaviors</p> <p>TS.5B Explain the effects of eating and exercise patterns on weight control, self-concept, and physical performance.</p> <p>TS.5C Explain the effects of substance abuse on personal health and performance in physical activity.</p>

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: Team Sport Skill Development/ Training Principles</p> <p>This unit focuses on evaluating and developing students' personal fitness skills utilizing the components of the health-related fitness. Students will analyze and evaluate personal fitness plans in terms of personal fitness goals. As students are learning and developing team sport skills; they will identify team sports that will allow them to achieve health related fitness goals and discuss training principles designed to enhance personal fitness. Team sports may include, but are not limited to, basketball, flag football, soccer, softball, speedball, floor hockey, track and field, and volleyball.</p>	<p>13 class periods (90 min. each) or 26 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>Training Principles (13 class periods) Conditioning/Skill Development TS.2D Identify correctly the critical elements for successful performance within the context of the activity. TS.2E Recognize that improvement is possible with appropriate practice. Personal Fitness TS.5A Discuss training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance. TS.4B Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. TS.4E Develop and participate in a personal fitness program that has the potential to provide identified goals. TS.4F Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance. Technology TS.2A Use internal and external information to modify movement during performance. TS.4B Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. Goal Setting TS.7A Evaluate personal skills and set realistic goals for improvement. TS.4D Establish realistic yet challenging health-related fitness goals. TS.4E Develop and participate in a personal fitness program that has the potential to provide identified goals.</p> <p>Team Sport Skill Development (13 class periods) TS.1A Demonstrate consistency using all the basic offensive skills of a sport while participating in a game such as dribbling, batting, or spiking competently in a dynamic setting. TS.1B Demonstrate consistency using all the basic defensive skills of a sport while participating in a game such as guarding, trapping, blocking, fielding, tackling, or goalkeeping competently in a dynamic setting. TS.2B Describe appropriate practice procedures to improve skill and strategy in an activity. TS.2D Identify correctly the critical elements for successful performance within the context of the activity. TS. 2E Recognize that improvement is possible with appropriate practice. TS.3C Demonstrate officiating techniques. Character Development TS.3A Acknowledge good play from an opponent during competition. TS.3B Accept the roles and decisions of officials. TS.4A Select and participate in individual sports that provide for enjoyment and challenge. TS.7B Respond to challenges, successes, and failures in physical activities in socially appropriate ways. TS.7C Accept successes and performance limitations of self and others and exhibit appropriate behavior/responses. TS.7E Display appropriate etiquette while participating in a sport.</p>

Cycle 6	31 Days Apr. 25 - June 7, 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:
		<p>Safety TS.6A Evaluate risks and safety factors that may affect sport preferences. TS.6B Identify and apply rules and procedures that are designed for safe participation in team sports. TS.7D Anticipate potentially dangerous consequences of participating in selected team sports.</p> <p>Personal Fitness TS.4C Describe the health and fitness benefits derived from participating in selected team sports. TS.6C Identify team sports that achieve health-related fitness goals in both school and community settings.</p> <p>Technology TS.2A Use internal and external information to modify movement during performance. TS.3D Research and describe the historical development of an individual sport.</p> <p>Goal Setting TS.6C Identify team sports that achieve health-related fitness goals in both school and community settings.</p>