

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:
<p><b>Unit 1: Conditioning/Skill Development</b></p> <p>This unit focuses on conditioning for physical performance, fitness, flexibility and longevity to meet the physical demands of everyday life, including following rules and procedures designed to promote safe practices and prevention strategies while participating in individual sports.</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 (no students)</i> Aug. 18</p> <p><i>Labor Day</i> Sept. 6</p> <p><i>Fall Holiday</i> Sept. 16</p> <p><i>Teacher Service Day (no students)</i> Sept. 17</p>	<p><b>PE Rules and Procedures (11 class Periods)</b></p> <p><b>Safety</b> <b>IS.5B</b> Identify and follow safety procedures when participating in individual sports.</p> <hr/> <p><b>Conditioning/Skill Development (11 class Periods)</b></p> <p><b>IS.2C</b> Develop an appropriate conditioning program for the selected sport. <b>IS.1B</b> Consistently perform skills and strategies and follow rules at a basic level of competency. <b>IS.2D</b> Identify correctly the critical elements for successful performance of a sport skill. <b>IS.3C</b> Demonstrate officiating techniques.</p> <p><b>Safety</b> <b>IS.1B</b> Consistently perform skills and strategies and follow rules at a basic level of competency. <b>IS.6E</b> Demonstrate responsible behavior in individual sports such as playing by the rules, accepting lack of skill in others.</p> <p><b>Character Development</b> <b>IS.6C</b> Accept successes and performance limitations of self and others <b>IS.3B</b> Accept the roles and decisions of officials. <b>IS.6E</b> Demonstrate responsible behavior in individual sports such as playing by the rules, accepting lack of skill in other.</p> <p><b>Technology</b> <b>IS.3D</b> Research and describe the historical development of an individual sport.</p> <p><b>Risk Behaviors</b> <b>IS.6D</b> Anticipate potentially dangerous consequences of participating in selected individual sports.</p>

Cycle 2	29 Days Oct. 5 - Nov. 12, 2021	<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><b>Unit 2: Individual Sport/Skill Development</b></p> <p>This unit focuses on developing sports-related skills associated with physical fitness testing and participation as an individual with emphasis on learning the basics of the sport, form, rules and sportsmanship.</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><b>Physical Fitness (12 class periods)</b> <b>Conditioning/ Skill Development</b> <b>IS.4B</b> Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. <b>IS.4C</b> Analyze and compare health and fitness benefits derived from participating in selected individual sports. <b>IS.4F</b> Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.</p> <hr/> <p><b>Personal Fitness (12 class periods)</b> <b>Personal Fitness</b> <b>IS.2C</b> Develop an appropriate conditioning program for the selected sport. <b>IS.2B</b> Describe appropriate practice procedures to improve skill and strategy in a sport. <b>IS.2D</b> Identify correctly the critical elements for successful performance of a sport skill. <b>IS.3C</b> Demonstrate officiating techniques</p> <p><b>Character Development</b> <b>IS.3A</b> Acknowledge good play from an opponent during competition. <b>IS.3B</b> Accept the roles and decisions of officials. <b>IS.6E</b> Demonstrate responsible behavior in individual sports such as playing by the rules, accepting lack of skill in other.</p> <p><b>Safety</b> <b>IS.1B</b> Consistently perform skills and strategies and follow rules at a basic level of competency. <b>IS.5B</b> Identify and follow safety procedures when participating in individual sports. <b>IS.5C</b> Describe equipment and practices that prevent or reduce injuries.</p> <p><b>Technology</b> <b>IS.2A</b> Use internal and external information to modify movement during performance. <b>IS.3D</b> Research and describe the historical development of an individual sport.</p> <p><b>Goal Setting</b> <b>IS.4D</b> Establish realistic yet challenging health-related fitness goals for selected individual sports.</p> <p><b>Risk Behaviors</b> <b>IS.4G</b> Explain the effects of substance abuse on personal health and performance in physical activity such as side effects of steroid. <b>IS.6D</b> Anticipate potentially dangerous consequences of participating in selected individual sports.</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><b>Unit 3: Individual Sport/Training Principles</b></p> <p>This unit focuses on developing student's sports-related skills such as agility, power, reaction time, balance and coordination. Students will be utilizing the principles of training to transfer skill to individual sports such as bowling, badminton, golf, weight training, fishing, tennis, handball, etc. Students will also establish personal fitness goal for participation in lifetime recreational activities.</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><b><u>Training Principles for Individual Sports (12 class periods)</u></b></p> <p><b>Conditioning/ Skill Development</b></p> <p><b>IS.2C</b> Develop an appropriate conditioning program for the selected sport.</p> <p><b>IS.1A</b> Exhibit a level of competency in two or more individual sports that include aquatics, archery, badminton, bicycling, bowling, gymnastics, golf, handball, racquetball, self-defense, table tennis, track and field, weight training, or wrestling.</p> <p><b>IS.2D</b> Identify correctly the critical elements for successful performance of a sport skill.</p> <p><b>IS.3C</b> Demonstrate officiating techniques.</p> <p>-----</p> <p><b><u>Personal Fitness/Goal Setting (12 class periods)</u></b></p> <p><b>Personal Fitness</b></p> <p><b>IS.4C</b> Analyze and compare health and fitness benefits derived from participating in selected individual sports</p> <p><b>IS.4F</b> Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance</p> <p><b>Goal Setting</b></p> <p><b>IS.4D</b> Establish realistic yet challenging health-related fitness goals for selected individual sports.</p> <p><b>IS.6A</b> Evaluate personal skills and set realistic goals for improvement.</p> <p><b>Character Development</b></p> <p><b>IS.3A</b> Acknowledge good play from an opponent during competition.</p> <p><b>IS.3B</b> Accept the roles and decisions of officials.</p> <p><b>IS.4A</b> Select and participate in individual sports that provide for enjoyment and challenge</p> <p><b>IS.6B</b> Respond to challenges, successes, and failures in physical activities in socially appropriate ways.</p> <p><b>IS.6E</b> Demonstrate responsible behavior in individual sports such as playing by the rules, accepting lack of skill in others.</p> <p><b>Safety</b></p> <p><b>IS.5A</b> Evaluate risks and safety factors that may affect individual sport preferences.</p> <p><b>IS.1B</b> Consistently perform skills and strategies and follow rules at a basic level of competency.</p> <p><b>IS.5B</b> Identify and follow safety procedures when participating in individual sports.</p> <p><b>IS.5C</b> Describe equipment and practices that prevent or reduce injuries.</p> <p><b>IS.6E</b> Demonstrate responsible behavior in individual sports such as playing by the rules, accepting lack of skill in others</p> <p><b>Technology</b></p> <p><b>IS.2A</b> Use internal and external information to modify movement during performance.</p> <p><b>IS.3D</b> Research and describe the historical development of an individual sport.</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><b>Unit 4: Conditioning/Skill Development</b></p> <p>This unit focuses on conditioning for physical performance, fitness, flexibility and longevity to meet the physical demands of everyday life, including following rules and procedures designed to promote safe practices and prevention strategies while participating in individual sports</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><b>PE Rules and Procedures (11 class periods)</b></p> <p><b>Safety</b> <b>IS.5B</b> Identify and follow safety procedures when participating in individual sports.</p> <p>----- - <b>Conditioning/Skill Development (11 class periods)</b> <b>IS.2C</b> Develop an appropriate conditioning program for the selected sport. <b>IS.1B</b> Consistently perform skills and strategies and follow rules at a basic level of competency. <b>IS.2D</b> Identify correctly the critical elements for successful performance of a sport skill. <b>IS.3C</b> Demonstrate officiating techniques.</p> <p><b>Safety</b> <b>IS.1B</b> Consistently perform skills and strategies and follow rules at a basic level of competency. <b>IS.6E</b> Demonstrate responsible behavior in individual sports such as playing by the rules, accepting lack of skill in others.</p> <p><b>Character Development</b> <b>IS.6C</b> Accept successes and performance limitations of self and others <b>IS.3B</b> Accept the roles and decisions of officials. <b>IS.6E</b> Demonstrate responsible behavior in individual sports such as playing by the rules, accepting lack of skill in other.</p> <p><b>Technology</b> <b>IS.3D</b> Research and describe the historical development of an individual sport.</p> <p><b>Risk Behaviors</b> <b>IS.6D</b> Anticipate potentially dangerous consequences of participating in selected individual sports.</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><b>Unit 5: Individual Sports/Skill Development</b></p> <p>This unit focuses on developing sports-related skills associated with physical fitness testing and participation as an individual with emphasis on learning the basics of the sport, form, rules and sportsmanship</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><b>Physical Fitness Testing (13 class periods)</b> <b>Conditioning/ Skill Development</b> <b>IS.4B</b> Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. <b>IS.4C</b> Analyze and compare health and fitness benefits derived from participating in selected individual sports. <b>IS.4FD</b> Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.</p> <p>-----</p> <p>-</p> <p><b>Personal Fitness (13 class periods)</b> <b>IS.2C</b> Develop an appropriate conditioning program for the selected sport. <b>IS.2B</b> Describe appropriate practice procedures to improve skill and strategy in a sport. <b>IS.2D</b> Identify correctly the critical elements for successful performance of a sport skill. <b>IS.3C</b> Demonstrate officiating techniques</p> <p><b>Character Development</b> <b>IS.3A</b> Acknowledge good play from an opponent during competition. <b>IS.3B</b> Accept the roles and decisions of officials. <b>IS.6E</b> Demonstrate responsible behavior in individual sports such as playing by the rules, accepting lack of skill in other.</p> <p><b>Safety</b> <b>IS.1B</b> Consistently perform skills and strategies and follow rules at a basic level of competency. <b>IS.5B</b> Identify and follow safety procedures when participating in individual sports. <b>IS.5C</b> Describe equipment and practices that prevent or reduce injuries.</p> <p><b>Technology</b> <b>IS.2A</b> Use internal and external information to modify movement during performance. <b>IS.3D</b> Research and describe the historical development of an individual sport.</p> <p><b>Goal Setting</b> <b>IS.4D</b> Establish realistic yet challenging health-related fitness goals for selected individual sports.</p> <p><b>Risk Behaviors</b> <b>IS.4G</b> Explain the effects of substance abuse on personal health and performance in physical activity such as side effects of steroid. <b>IS.6D</b> Anticipate potentially dangerous consequences of participating in selected individual sports.</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><b>Unit 6: Individual Sport/ Training Principles</b></p> <p>This unit focuses on developing student's sports-related skills such as agility, power, reaction time, balance and coordination. Students will be utilizing the principles of training to transfer skill to individual sports such as bowling, badminton, golf, weight training, fishing, tennis, handball, etc. Students will also establish personal fitness goal for participation in lifetime recreational activities.</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><b>Training Principles for Individual Sports (13 class periods)</b> <b>Conditioning/ Skill Development</b> <b>IS.2C</b> Develop an appropriate conditioning program for the selected sport. <b>IS.1A</b> Exhibit a level of competency in two or more individual sports that include aquatics, archery, badminton, bicycling, bowling, gymnastics, golf, handball, racquetball, self-defense, table tennis, track and field, weight training, or wrestling. <b>IS.2D</b> Identify correctly the critical elements for successful performance of a sport skill. <b>IS.3C</b> Demonstrate officiating techniques.</p> <hr/> <p><b>Personal Fitness/Goal Setting (13 class periods)</b> <b>IS.4C</b> Analyze and compare health and fitness benefits derived from participating in selected individual sports <b>IS.4F</b> Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance <b>Character Development</b> <b>IS.3A</b> Acknowledge good play from an opponent during competition. <b>IS.3B</b> Accept the roles and decisions of officials. <b>IS.4A</b> Select and participate in individual sports that provide for enjoyment and challenge <b>IS.6B</b> Respond to challenges, successes, and failures in physical activities in socially appropriate ways. <b>IS.6E</b> Demonstrate responsible behavior in individual sports such as playing by the rules, accepting lack of skill in others. <b>Safety</b> <b>IS.5A</b> Evaluate risks and safety factors that may affect individual sport preferences. <b>IS.1B</b> Consistently perform skills and strategies and follow rules at a basic level of competency. <b>IS.5B</b> Identify and follow safety procedures when participating in individual sports. <b>IS.5C</b> Describe equipment and practices that prevent or reduce injuries. <b>IS.6E</b> Demonstrate responsible behavior in individual sports such as playing by the rules, accepting lack of skill in others <b>Technology</b> <b>IS.2A</b> Use internal and external information to modify movement during performance. <b>IS.3D</b> Research and describe the historical development of an individual sport. <b>Goal Setting</b> <b>IS.4D</b> Establish realistic yet challenging health-related fitness goals for selected individual sports. <b>IS.6A</b> Evaluate personal skills and set realistic goals for improvement. <b>Risk Behaviors</b> <b>IS.6D</b> Anticipate potentially dangerous consequences of participating in selected individual sports.</p>