

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: Safety in Outdoor Conditioning and Skill Development</b></p> <p>This unit focuses on safety and fitness conditioning for participation in adventurous, experimental outdoor activities including the development of survival skills.</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><b>Safe Acclimation (11 class periods)</b></p> <p><b>Safety</b>  <b>AOE.4D</b> Explain and follow safety procedures during adventure/outdoor education activities  <b>AOE.1B</b> Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately.  <b>AOE.4E</b> List and describe safety equipment used in outdoor activities.  <b>AOE.2C</b> Identify correctly the critical elements for successful performance within the context of the activity.</p> <p><b>Conditioning/Skill Development</b>  <b>AOE.2C</b> Identify correctly the critical elements for successful performance within the context of the activity.  <b>AOE.1A</b> Demonstrate consistency in the execution of the basic skills of adventure/outdoor education activities.  <b>AOE.1B</b> Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately.</p> <p>-----</p> <p><b>Conditioning and Skill Development in the Outdoors (11 class periods)</b></p> <p><b>Safety</b>  <b>AOE.4D</b> Explain and follow safety procedures during adventure/outdoor education activities</p> <p><b>Conditioning/Skill Development</b>  <b>AOE.1C &amp; 2B</b> Develop an appropriate conditioning program for the selected activity.  <b>AOE.2C</b> Identify correctly the critical elements for successful performance within the context of the activity.</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><b>Unit 2: Outdoor Fitness</b></p> <p>This unit focuses on student participation in physical fitness testing and outdoor activities such as hiking, fishing, archery, orienteering, boating, horse craft, rock climbing, and water safety.</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 Testing (12 class periods)</b></p> <p><b>Safety</b> AOE.1B Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately.</p> <p><b>Personal Fitness</b> AOE.3E Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.</p> <p><b>Conditioning</b> AOE.2C Identify correctly the critical elements for successful performance within the context of the activity.</p> <p><b>Technology</b> AOE.3F Select and use appropriate technology tools to evaluate, monitor, and improve physical development.</p> <p><b>Goal Setting</b> AOE.3D Develop and participate in a personal fitness program that has the potential to meet identified goals. AOE.3C Establish realistic yet challenging health-related fitness goals.</p> <p>-----</p> <p><b>Adventure Outdoor Activities (12 class periods)</b></p> <p><b>Safety</b> AOE.1B Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately AOE.4E List and describe safety equipment used in outdoor activities. AOE.4F Design safe and appropriate practices/procedures to improve skill in an activity.</p> <p><b>Conditioning/Skill Development</b> AOE.1A Demonstrate consistency in the execution of the basic skills of adventure/outdoor education activities. AOE.2C Identify correctly the critical elements for successful performance within the context of the activity.</p> <p><b>Personal Fitness</b> AOE.2A Use internal and external information to modify movement during performance. AOE.3D Develop and participate in a personal fitness program that has the potential to meet identified goals.</p> <p><b>Technology</b> AOE.3F Select and use appropriate technology tools to evaluate, monitor, and improve physical development.</p> <p><b>Goal Setting</b> AOE.3C Establish realistic yet challenging health-related fitness goals.</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: Outdoor Living</b></p> <p>This unit focuses on developing outdoor living skills with exciting hands-on adventures such as camping, orienteering, cooking and preservation of the environment.</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>Skills for Outdoor Living (12 class periods)</u></b></p> <p><b>Safety</b>  <b>AOE.4D</b> Explain and follow safety procedures during adventure/outdoor education activities.  <b>AOE.1B</b> Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately.  <b>AOE.2C</b> Identify correctly the critical elements for successful performance within the context of the activity.  <b>AOE.4E</b> List and describe safety equipment used in outdoor activities.  <b>AOE.4F</b> Design safe and appropriate practices/procedures to improve skill in an activity.</p> <p><b>Conditioning/Skill Development</b>  <b>AOE.1C &amp; 2B</b> Develop an appropriate conditioning program for the selected activity.  <b>AOE.1A</b> Demonstrate consistency in the execution of the basic skills of adventure/outdoor education activities.  <b>AOE.1B</b> Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately.  <b>AOE.2C</b> Identify correctly the critical elements for successful performance within the context of the activity.  <b>AOE.4F</b> Design safe and appropriate practices/procedures to improve skill in an activity.</p> <p><b>Personal Fitness</b>  <b>AOE.3B</b> Analyze and compare health and fitness benefits derived from participation in adventure/outdoor education activities.  <b>AOE.2A</b> Use internal and external information to modify movement during performance.  <b>AOE.3D</b> Develop and participate in a personal fitness program that has the potential to meet identified goals.  <b>AOE.3E</b> Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.  <b>AOE.4C</b> Show evidence of developing and maintaining health-related fitness.</p> <p><b>Technology</b>  <b>AOE.3F</b> Select and use appropriate technology tools to evaluate, monitor, and improve physical development.</p> <hr/> <p><b><u>Goal Setting (12 class periods)</u></b></p> <p><b>Goal Setting</b>  <b>AOE.3C</b> Establish realistic yet challenging health-related fitness goals.</p> <p><b>Character Development</b>  <b>AOE.3A</b> Select and participate in adventure/outdoor education activities that provide for enjoyment and challenge.  <b>AOE.4B</b> Analyze the strengths and weaknesses of adventure/outdoor education activities and their effects on a personal fitness program.</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: Safety in Outdoor Conditioning and Skill Development</b></p> <p>This unit focuses on safety and fitness conditioning for participation in adventurous, experimental outdoor activities including the development of survival skills.</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><u>Safe Acclimation (11 class periods)</u></b></p> <p><b>Safety</b>  <b>AOE.4D</b> Explain and follow safety procedures during adventure/outdoor education activities  <b>AOE.1B</b> Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately.  <b>AOE.4E</b> List and describe safety equipment used in outdoor activities.  <b>AOE.2C</b> Identify correctly the critical elements for successful performance within the context of the activity.</p> <p><b>Conditioning/Skill Development</b>  <b>AOE.2C</b> Identify correctly the critical elements for successful performance within the context of the activity.  <b>AOE.1A</b> Demonstrate consistency in the execution of the basic skills of adventure/outdoor education activities.  <b>AOE.1B</b> Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately.</p> <p>-----                      -</p> <p><b><u>Conditioning and Skill Development in the Outdoors (11 class periods)</u></b></p> <p><b>Safety</b>  <b>AOE.4D</b> Explain and follow safety procedures during adventure/outdoor education activities</p> <p><b>Conditioning/Skill Development</b>  <b>AOE.1C &amp; 2B</b> Develop an appropriate conditioning program for the selected activity.  <b>AOE.2C</b> Identify correctly the critical elements for successful performance within the context of the activity.</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: Outdoor Fitness</b></p> <p>This unit focuses on student participation in physical fitness testing and outdoor activities such as hiking, fishing, archery, orienteering, boating, horse craft, rock climbing, and water safety.</p>	<p>11 class periods (90 min. each) or 22 class periods (45 min. each)</p> <p><i>Enrichment Opportunities</i> Mar. 14-16</p> <p><i>Spring Break</i> Mar. 14-18</p> <p><i>Chávez-Huerta Day</i> Mar. 28</p> <p><i>Spring Holiday</i> Apr. 15</p>	<p><b>Physical Fitness Testing (11 class periods)</b></p> <p><b>Safety</b> AOE.1B Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately.</p> <p><b>Personal Fitness</b> AOE.3E Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.</p> <p><b>Conditioning</b> AOE.2C Identify correctly the critical elements for successful performance within the context of the activity.</p> <p><b>Technology</b> AOE.3F Select and use appropriate technology tools to evaluate, monitor, and improve physical development.</p> <p><b>Goal Setting</b> AOE.3D Develop and participate in a personal fitness program that has the potential to meet identified goals. AOE.3C Establish realistic yet challenging health-related fitness goals.</p> <p>-----</p> <p><b>Adventure Outdoor Activities (11 class periods)</b></p> <p><b>Safety</b> AOE.1B Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately AOE.4E List and describe safety equipment used in outdoor activities. AOE.4F Design safe and appropriate practices/procedures to improve skill in an activity.</p> <p><b>Conditioning/Skill Development</b> AOE.1A Demonstrate consistency in the execution of the basic skills of adventure/outdoor education activities. AOE.2C Identify correctly the critical elements for successful performance within the context of the activity.</p> <p><b>Personal Fitness</b> AOE.2A Use internal and external information to modify movement during performance. AOE.3D Develop and participate in a personal fitness program that has the potential to meet identified goals.</p> <p><b>Technology</b> AOE.3F Select and use appropriate technology tools to evaluate, monitor, and improve physical development.</p> <p><b>Goal Setting</b> AOE.3C Establish realistic yet challenging health-related fitness goals</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><b>Unit 6: Outdoor Living</b></p> <p>This unit focuses on developing outdoor living skills with exciting hands-on adventures such as camping, orienteering, cooking and preservation of the environment.</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>Skills for Outdoor Living (13 class periods)</b></p> <p><b>Safety</b>  <b>AOE.4D</b> Explain and follow safety procedures during adventure/outdoor education activities.  <b>AOE.1B</b> Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately.  <b>AOE.2C</b> Identify correctly the critical elements for successful performance within the context of the activity.  <b>AOE.4E</b> List and describe safety equipment used in outdoor activities.  <b>AOE.4F</b> Design safe and appropriate practices/procedures to improve skill in an activity.</p> <p><b>Conditioning/Skill Development</b>  <b>AOE.1C &amp; 2B</b> Develop an appropriate conditioning program for the selected activity.  <b>AOE.1A</b> Demonstrate consistency in the execution of the basic skills of adventure/outdoor education activities.  <b>AOE.1B</b> Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately.  <b>AOE.2C</b> Identify correctly the critical elements for successful performance within the context of the activity.  <b>AOE.4F</b> Design safe and appropriate practices/procedures to improve skill in an activity.</p> <p><b>Personal Fitness</b>  <b>AOE.3B</b> Analyze and compare health and fitness benefits derived from participation in adventure/outdoor education activities.  <b>AOE.2A</b> Use internal and external information to modify movement during performance.  <b>AOE.3D</b> Develop and participate in a personal fitness program that has the potential to meet identified goals.  <b>AOE.3E</b> Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.  <b>AOE.4C</b> Show evidence of developing and maintaining health-related fitness.</p> <p><b>Technology</b>  <b>AOE.3F</b> Select and use appropriate technology tools to evaluate, monitor, and improve physical development.</p> <hr/> <p><b>Goal Setting (13 class periods)</b>  <b>AOE.3C</b> Establish realistic yet challenging health-related fitness goals.</p> <p><b>Character Development</b>  <b>AOE.3A</b> Select and participate in adventure/outdoor education activities that provide for enjoyment and challenge.  <b>AOE.4B</b> Analyze the strengths and weaknesses of adventure/outdoor education activities and their effects on a personal fitness program.</p>