

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>Unit 1: Foundations of Personal Fitness focuses on 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 participate in activities that focus on fun, personal fitness, principles for physical performance and wellness, and unique challenges and participation in a non-competitive atmosphere.</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>Conditioning and Personal Fitness</p> <p>PE 8.3E Participate in moderate to vigorous physical activity for a sustained period on a regular basis.</p> <p>PE 8.2C Describe the importance of goal setting in improving skill.</p> <p>PE 8.2E Make appropriate changes in performance based on feedback.</p> <p>PE 8.2F Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support to increase stability.</p> <p>PE 8.3D Identify favorite lifelong physical activities.</p> <p>PE 8.3F Maintain healthy levels of flexibility.</p> <p>PE 8.3G Develop and maintain muscular strength and endurance of the arms, shoulders, abdomen, back, and legs.</p> <p>PE 8.3H Evaluate personal fitness goals and make appropriate changes for improvement.</p> <p>PE 8.3I Select and use appropriate technology tools to evaluate, monitor, and improve physical development.</p> <p>PE 8.4A List long-term physiological and psychological benefits that may result from regular participation in physical activity.</p> <p>PE 8.4B Select aerobic exercises and describe the effects on the heart and overall health.</p> <p>PE 8.4C Assess physiological effects of exercise during and after physical activity.</p> <p>PE 8.4E identify and apply basic weight training principles and safety practices such as appropriate goals, appropriate weight and repetitions, body alignment, principle of frequency, intensity and time, and importance of balance in muscle pairs.</p> <p>PE 8.4F Describe and predict the effects of stress management techniques on the body.</p> <p>Cooperative Games</p> <p>PE 8.1A Coordinate movements with teammates to achieve team goals.</p> <p>PE 8.2C Describe the importance of goal setting in improving skill.</p> <p>PE 8.7E Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams.</p> <p>Nutrition</p> <p>PE 8.4D Identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function.</p> <p>PE 8.4G Explain the effects of eating and exercise patterns on weight control, self- concept, and physical performance.</p>

Cycle 1	27 Days Aug. 23 - Oct. 1, 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>Safety</p> <p>PE 8.5A Use equipment safely and properly.</p> <p>PE 8.5B Select and use proper attire that promotes participation and prevents injury.</p> <p>PE 8.5C Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat, and insects; and recommend prevention and treatment.</p> <p>PE 8.5D Analyze exercises for their effects on the body such as beneficial/potentially dangerous.</p> <p>PE 8.5E Recognize harmful effects of the sun such as sunburn, heatstroke, heat exhaustion, and heat cramps and recommend prevention methods.</p> <p>PE 8.6A Distinguish between compliance and noncompliance rules and regulations and apply agreed upon consequences when officiating.</p> <p>PE 8.7A Solve problems in physical activities by analyzing causes and potential solutions.</p> <p>PE 8.7B Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings.</p> <p>PE 8.7C Identify and follow rules while playing sports and games.</p> <p>PE 8.7D Accept decisions made by game officials including student, teachers, and officials outside the school.</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 Sports and Fitness Testing</p> <p>This unit focuses on activities with participants working together whose common goal is to defeat an opposing team while supporting and encouraging each other and using fitness principles for carryover into a lifetime fitness plan. In addition, students will participate in the pre-test of the physical fitness test.</p>	<p>12 class periods (90-min. each) or 23 class periods (45-min. each)</p> <p>Teacher Service Day (no students) Oct. 4</p>	<p>Pre-Fitness Testing</p> <p>PE 8.3E Participate in moderate to vigorous physical activity for a sustained period on a regular basis.</p> <p>PE 8.2C Describe the importance of goal setting in improving skill.</p> <p>PE 8.2E Make appropriate changes in performance based on feedback.</p> <p>PE 8.2F Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support to increase stability.</p> <p>PE 8.3D Identify favorite lifelong physical activities.</p> <p>PE 8.3F Maintain healthy levels of flexibility.</p> <p>PE 8.3G Develop and maintain muscular strength and endurance of the arms, shoulders, abdomen, back, and legs.</p> <p>PE 8.3H Evaluate personal fitness goals and make appropriate changes for improvement.</p> <p>PE 8.3I Select and use appropriate technology tools to evaluate, monitor, and improve physical development.</p> <p>PE 8.4A List long-term physiological and psychological benefits that may result from regular participation in physical activity.</p> <p>PE 8.4B Select aerobic exercises and describe the effects on the heart and overall health.</p> <p>PE 8.4C Assess physiological effects of exercise during and after physical activity.</p> <p>PE 8.4E Identify and apply basic weight training principles and safety practices such as appropriate goals, appropriate weight and repetitions, body alignment, principle of frequency, intensity and time, and importance of balance in muscle pairs.</p> <p>PE 8.4F Describe and predict the effects of stress management techniques on the body.</p> <p>Team Sports</p> <p>PE 8.1A Coordinate movements with teammates to achieve team goals.</p> <p>PE 8.1B Demonstrate appropriate relationships of the body to an opponent in dynamic game situations such as staying between opponent and goal and moving between opponent and the ball.</p> <p>PE 8.1C Demonstrate appropriate speed and generation of force such as running sprints, running distance, throwing a disc, jumping, or kicking.</p> <p>PE 8.1F Demonstrate without cue critical elements in specialized skills related to sports such as overhand throw for distance/force, serving and bumping a volleyball, shooting a basketball, shooting a lay-up, forehand and backhand striking with a racket or club, or batting.</p> <p>PE 8.1G Combine skills competently to participate in modified versions of team and individual sports.</p> <p>PE 8.2A Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand, practice specific game situations, and practice jumps or cartwheels in both directions.</p> <p>PE 8.2C Describe the importance of goal setting in improving skill.</p> <p>PE 8.2D Detect and correct errors in his/her or partner's skill performance.</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) <i>The student will:</i>
		<p>PE 8.2E Make appropriate changes in performance based on feedback.</p> <p>PE 8.2F Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support to increase stability.</p> <p>PE 8.2G Use basic offensive and defensive strategies while playing a modified version of a sport.</p> <p>PE 8.3A Describe and select physical activities that provide for enjoyment and challenge.</p> <p>PE 8.3B Identify opportunities in the school and community for regular participation in physical activity.</p> <p>PE 8.3C Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities.</p> <p>PE 8.3D Identify favorite lifelong physical activities.</p> <p>PE 8.3E Participate in moderate to vigorous physical activity for a sustained period on a regular basis.</p> <p>PE 8.7E Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams.</p> <p>Nutrition</p> <p>PE 8.4D Identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function.</p> <p>PE 8.4G Explain the effects of eating and exercise patterns on weight control, self- concept, and physical performance.</p> <p>Safety</p> <p>PE 8.4E Identify and apply basic weight training principles and safety practices such as appropriate goals, appropriate weight and repetitions, body alignment, principle of frequency, intensity and time, and importance of balance in muscle pairs.</p> <p>PE 8.5A Use equipment safely and properly.</p> <p>PE 8.5B Select and use proper attire that promotes participation and prevents injury.</p> <p>PE 8.5C Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat, and insects; and recommend prevention and treatment.</p> <p>PE 8.5D Analyze exercises for their effects on the body such as beneficial/potentially dangerous.</p> <p>PE 8.5E Recognize harmful effects of the sun such as sunburn, heatstroke, heat exhaustion, and heats cramp and recommend prevention methods.</p> <p>PE 8.6A Distinguish between compliance and noncompliance rules and regulations and apply agreed upon consequences when officiating.</p> <p>PE 8.7A Solve problems in physical activities by analyzing causes and potential solutions.</p> <p>PE 8.7B Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings.</p> <p>PE 8.7C Identify and follow rules while playing sports and games.</p> <p>PE 8.7D Accept decisions made by game officials including student, teachers, and officials outside the school.</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: Conditioning, Lead-up Sports and Recreational Games</p> <p>This unit focuses on conditioning for physical performance, flexibility, health, and longevity to meet the physical demands of everyday life; the lesson also focuses on safety, proper nutrition, and substance abuse. In addition, students will participate in sports and games for fun, leisure, and recreational activities that may be enjoyed at home, on vacation, in parks, and camping, while contributing to a lifetime of fitness.</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>Conditioning</p> <p>PE 8.3E Participate in moderate to vigorous physical activity for a sustained period on a regular basis.</p> <p>PE 8.2C Describe the importance of goal setting in improving skill.</p> <p>PE 8.2E Make appropriate changes in performance based on feedback.</p> <p>PE 8.2F Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support to increase stability.</p> <p>PE 8.3D Identify favorite lifelong physical activities.</p> <p>PE 8.3F Maintain healthy levels of flexibility.</p> <p>PE 8.3G Develop and maintain muscular strength and endurance of the arms, shoulders, abdomen, back, and legs.</p> <p>PE 8.3H Evaluate personal fitness goals and make appropriate changes for improvement.</p> <p>PE 8.3I Select and use appropriate technology tools to evaluate, monitor, and improve physical development.</p> <p>PE 8.4A List long-term physiological and psychological benefits that may result from regular participation in physical activity.</p> <p>PE 8.4B Select aerobic exercises and describe the effects on the heart and overall health.</p> <p>PE 8.4C Assess physiological effects of exercise during and after physical activity.</p> <p>PE 8.4E Identify and apply basic weight training principles and safety practices such as appropriate goals, appropriate weight and repetitions, body alignment, principle of frequency, intensity and time, and importance of balance in muscle pairs.</p> <p>PE 8.4F Describe and predict the effects of stress management techniques on the body.</p> <p>Lead-up Recreational Games and Activities</p> <p>PE 8.1H Demonstrate introductory outdoor pursuit skills such as backpacking, rock climbing, orienteering, hiking, canoeing, cycling, or rope courses.</p> <p>PE 8.3C Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities.</p> <p>PE 8.2C Describe the importance of goal setting in improving skill.</p> <p>PE 8.3A Describe and select physical activities that provide for enjoyment and challenge.</p> <p>PE 8.3B Identify opportunities in the school and community for regular participation in physical activity.</p> <p>PE 8.7B Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings.</p> <p>Substance Abuse</p> <p>PE 8.4H Recognize the effects of substance abuse on personal health and performance in physical activity.</p>

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	Nov. 15, 2021 - Jan. 14, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
		<p><u>Nutrition</u> PE 8.4D Identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function. PE 8.4G Explain the effects of eating and exercise patterns on weight control, self- concept, and physical performance.</p> <p><u>Safety</u> PE 8.5A Use equipment safely and properly. PE 8.5B Select and use proper attire that promotes participation and prevents injury. PE 8.5C Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat, and insects; and recommend prevention and treatment. PE 8.5D Analyze exercises for their effects on the body such as beneficial/potentially dangerous. PE 8.5E Recognize harmful effects of the sun such as sunburn, heatstroke, heat exhaustion, and heat cramps and recommend prevention methods. PE 8.6A Distinguish between compliance and noncompliance rules and regulations and apply agreed upon consequences when officiating. PE 8.7A Solve problems in physical activities by analyzing causes and potential solutions. PE 8.7B Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings. PE 8.7C Identify and follow rules while playing sports and games. PE 8.7D Accept decisions made by game officials including student, teachers, and officials outside the school.</p>

Cycle 4	27 Days Jan. 19 - Feb. 25, 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:
<p>Unit 4: Rhythm and Dance This unit focuses on movement that teaches rhythmical patterns and performances, such as folk, square, aerobic dance, and social dancing, enhancing cultural diversity and promoting social interaction.</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><u>Rhythmic Locomotor Movements</u> PE8.1D Performs selected folk, country, square, line, creative, and/or aerobic dances. PE 8.1E Design and perform sequences of dance steps/movements into practiced sequences with intentional changes in speed, direction, and flow. PE 8.2C Describe the importance of goal setting in improving skill. PE 8.2E Make appropriate changes in performance based on feedback. PE8.3A Describes and select physical activities that provide for enjoyment and challenge. PE 8.3C Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities. PE8.3E Participates in moderate to vigorous physical activity for a sustained period on a regular basis. PE 8.7B Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings.</p> <p><u>Nutrition</u> PE 8.4D Identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function. PE 8.4G Explain the effects of eating and exercise patterns on weight control, self- concept, and physical performance.</p> <p><u>Safety</u> PE 8.4E Identify and apply basic weight training principles and safety practices such as appropriate goals, appropriate weight and repetitions, body alignment, principle of frequency, intensity and time, and importance of balance in muscle pairs. PE 8.5A Use equipment safely and properly. PE 8.5B Select and use proper attire that promotes participation and prevents injury. PE 8.5C Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat, and insects; and recommend prevention and treatment. PE 8.5D Analyze exercises for their effects on the body such as beneficial/potentially dangerous. PE 8.5E Recognize harmful effects of the sun such as sunburn, heatstroke, heat exhaustion, and heat cramps and recommend prevention methods. PE 8.6A Distinguish between compliance and noncompliance rules and regulations and apply agreed upon consequences when officiating. PE 8.7A Solve problems in physical activities by analyzing causes and potential solutions. PE 8.7B Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings. PE 8.7C Identify and follow rules while playing sports and games. PE 8.7D Accept decisions made by game officials including student, teachers, and officials outside the school</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: Fitness Testing and Individual Sports</p> <p>This unit focuses on students participating in the post-test of the physical fitness test and sports where a student experiences as an individual, emphasizing learning the basics of the sport, form, rules, and sportsmanship. In addition, part one will focus on the post-test of the physical fitness test, while part two will focus on individual sports.</p>	<p>13 class periods (90 min. each) or 26 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>Post-Fitness Testing</p> <p>PE 8.2C Describe the importance of goal setting in improving skill. PE 8.2E Make appropriate changes in performance based on feedback. PE 8.2F Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support to increase stability. PE 8.3D Identify favorite lifelong physical activities. PE 8.3E Participate in moderate to vigorous physical activity for a sustained period on a regular basis. PE 8.3F Maintain healthy levels of flexibility. PE 8.3G Develop and maintain muscular strength and endurance of the arms, shoulders, abdomen, back, and legs. PE 8.3H Evaluate personal fitness goals and make appropriate changes for improvement. PE 8.3I Select and use appropriate technology tools to evaluate, monitor, and improve physical development. PE 8.4A List long-term physiological and psychological benefits that may result from regular participation in physical activity. PE 8.4B Select aerobic exercises and describe the effects on the heart and overall health. PE 8.4C Assess physiological effects of exercise during and after physical activity. PE 8.4E Identify and apply basic weight training principles and safety practices such as appropriate goals, appropriate weight and repetitions, body alignment, principle of frequency, intensity and time, and importance of balance in muscle pairs. PE 8.4F Describe and predict the effects of stress management techniques on the body.</p> <p>Individual Sports</p> <p>PE 8.1B Demonstrate appropriate relationships of the body to an opponent in dynamic game situations such as staying between opponent and goal and moving between opponent and the ball. PE 8.1C Demonstrate appropriate speed and generation of force such as running sprints, running distance, throwing a disc, jumping, or kicking. PE 8.1F Demonstrate without cue critical elements in specialized skills related to sports such as overhand throw for distance/force, serving and bumping a volleyball, shooting a basketball, shooting a lay-up, forehand and backhand striking with a racket or club, or batting. PE 8.1G Combine skills competently to participate in modified versions of team and individual sports. PE 8.2A Create and modify activities that provide practice of selected skills to improve performance such as situations, and practice jumps or cartwheels in both directions. PE 8.2B Identify and apply similar movement concepts and elements in a variety of sport skills such as throwing and tennis serving. PE 8.2C Describe the importance of goal setting in improving skill.</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>PE 8.3A Describe and select physical activities that provide for enjoyment and challenge.</p> <p>PE 8.3B Identify opportunities in the school and community for regular participation in physical activity.</p> <p>PE 8.3C Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities.</p> <p>PE 8.3D Identify favorite lifelong physical activities.</p> <p>PE 8.3E Participate in moderate to vigorous physical activity for a sustained period on a regular basis.</p> <p>PE 8.3I Select and use appropriate technology tools to evaluate, monitor, and improve physical development.</p> <p>PE 8.7B Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings.</p> <p>PE 8.7E Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams.</p> <p>Nutrition</p> <p>PE 8.4D Identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function.</p> <p>PE 8.4G Explain the effects of eating and exercise patterns on weight control, self- concept, and physical performance.</p> <p>Safety</p> <p>PE 8.5A Use equipment safely and properly.</p> <p>PE 8.4E Identify and apply basic weight training principles and safety practices such as appropriate goals, appropriate weight and repetitions, body alignment, principle of frequency, intensity and time, and importance of balance in muscle pairs.</p> <p>PE 8.5B Select and use proper attire that promotes participation and prevents injury.</p> <p>PE 8.5C Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat, and insects; and recommend prevention and treatment.</p> <p>PE 8.5D Analyze exercises for their effects on the body such as beneficial/potentially dangerous.</p> <p>PE 8.5E Recognize harmful effects of the sun such as sunburn, heatstroke, heat exhaustion, and heats cramp and recommend prevention methods.</p> <p>PE 8.6A Distinguish between compliance and noncompliance rules and regulations and apply agreed upon consequences when officiating.</p> <p>PE 8.7A Solve problems in physical activities by analyzing causes and potential solutions.</p> <p>PE 8.7C Identify and follow rules while playing sports and games.</p> <p>PE 8.7D Accept decisions made by game officials including student, teachers, and officials outside the school.</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>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.</p>	<p>13 class periods (90-min. each) or 25 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><u>Outdoor Survival Skills</u> PE 8.1H Demonstrate introductory outdoor pursuit skills such as backpacking, rock climbing, orienteering, hiking, canoeing, cycling, or rope courses PE 8.2C Describe the importance of goal setting in improving skill.</p> <p><u>Outdoor and Recreation Activities</u> PE 8.1H Demonstrate introductory outdoor pursuit skills such as backpacking, rock climbing, orienteering, hiking, canoeing, cycling, or rope courses. PE 8.2C Describe the importance of goal setting in improving skill. PE 8.3A Describe and select physical activities that provide for enjoyment and challenge. PE 8.3B Identify opportunities in the school and community for regular participation in physical activity. PE 8.3C Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities. PE 8.7B Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings.</p> <p><u>Land Navigation</u> PE 8.1H Demonstrate introductory outdoor pursuit skills such as backpacking, rock climbing, orienteering, hiking, canoeing, cycling, or rope courses. PE 8.3C Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities PE 8.7B Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings.</p> <p><u>Angler and Fish Activities</u> PE 8.3A Describe and select physical activities that provide for enjoyment and challenge. PE 8.3C Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities.</p> <p><u>Nutrition</u> PE 8.4D Identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function. PE 8.4G Explain the effects of eating and exercise patterns on weight control, self- concept, and physical performance.</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</p> <p>PE 8.5A Use equipment safely and properly.</p> <p>PE 8.5B Select and use proper attire that promotes participation and prevents injury.</p> <p>PE 8.5C Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat, and insects; and recommend prevention and treatment.</p> <p>PE 8.5E Recognize harmful effects of the sun such as sunburn, heatstroke, heat exhaustion, and heat cramps and recommend prevention methods.</p> <p>PE 8.6A Distinguish between compliance and noncompliance rules and regulations and apply agreed upon consequences when officiating.</p> <p>PE 8.7A Solve problems in physical activities by analyzing causes and potential solutions.</p> <p>PE 8.7C Identify and follow rules while playing sports and games.</p> <p>PE 8.7D Accept decisions made by game officials including student, teachers, and officials outside the school.</p>