

Cycle 1		29 Days Aug. 22-Sept. 30, 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:	
Unit 1: Foundations of Fitness This unit focuses on the foundation of fitness and 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 exhibit appropriate social interaction and accept individual challenges of self-management skills to persevere positivity during games, sports, and activities.	24 class periods (45-min. lessons)	Introduction to Personal Fitness PE 7.2A moves between positions with controlled balance during dynamic activities, game situations.	
	12 class periods (90-min. lessons) <i>Teachers Report to Campuses Aug. 8</i> <i>Teacher Service Days Aug. 8-12, Aug. 16-19</i> <i>Teacher Prep Day (no students) Aug. 15</i> <i>Labor Day Sept. 5</i>	PE 7.4A executes the appropriate use of open space and closing space during dynamic activities, and games. PE 7.4B executes the appropriate use of speed, direction, and force with or without an implement during dynamic activities, games. PE 7.8A analyzes the long-term benefits of moderate to vigorous physical activity on overall health and wellness. PE 7.8B applies basic frequency, intensity, time, and type (FITT) principle in a variety of aerobic and anaerobic activities. PE 7.8C applies health-related and skill-related fitness components and explains how each component impacts personal fitness.	
		Safety Prevention PE 7.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports. PE 7.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety.	
		Conditioning and Cooperative Games PE 7.2A moves between positions with controlled balance during dynamic activities, game situations. PE 7.2B demonstrates proper body positioning, proficiency, and footwork and performs offensive and defensive skills during dynamic activities, game situations. PE 7.3A applies correct throwing techniques with distance, power, and accuracy while both partners are moving during dynamic activities, game situations. PE 7.3B applies correct catching techniques with a variety of objects from different levels and trajectories during dynamic activities, game situations. PE 7.6B demonstrates self-responsibility and appropriate sporting behavior in game situations.	
		Nutrition PE 7.10A evaluates healthy food choices that show a balanced daily intake of macronutrients to enhance physical performance. PE 7.10B analyzes and determines the appropriate times to consume traditional sports drinks that have the appropriate carbohydrate and sodium content.	
		Social and Emotional Health and Wellness PE 7.12A discusses the importance of and demonstrates respect for differences and similarities in abilities of self and others during game situations. PE 7.12B analyzes self-management skills to demonstrate self-control of impulses and emotions, without cue, during game situations.	

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		<p>PE 7.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding.</p> <p>PE 7.13B communicates effectively to enhance healthy interactions while settling disagreements.</p> <p>PE 7.13C demonstrates empathy and mutual respect for the feelings of others.</p> <p>PE 7.14A develops and applies a plan of action and makes effective decisions when faced with challenges, obstacles, or difficulties during game situations.</p> <p>PE 7.15A provides constructive feedback to peers following teacher guidelines to improve performance.</p>	

Cycle 2		23 Days Oct. 3 - Nov. 4, 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:	
Unit 2: Fitness Testing and Team Sports This unit focuses on students developing the fitness skills critical needed to participate in team sports and engage in the pretest of the FitnessGram Testing. In addition, students will exhibit appropriate social interaction and accept individual challenges of self-management skills to persevere positivity during games, sports, and activities..	24 class periods (45-min. lessons)	Pre-Fitness Testing PE 7.9A creates a collaborative physical fitness plan to target areas for improvement in health-related fitness. PE 7.9B monitors and evaluates personal fitness goals and makes appropriate changes for improvement.	
	12 class periods (90-min. lessons) <i>Teacher Service Day (no students) Oct. 4</i> <i>Fall Holiday Oct. 5</i>	Developing Fitness Skills and Sportsmanship through Team Sports PE 7.1A combines and applies a variety of locomotor skills during dynamic fitness, sport, and rhythmic activities. PE 7.1B applies correct jumping and landing techniques during dynamic activities, game situations, and sports. PE 7.2A moves between positions with controlled balance during dynamic activities, game situations, and sports. PE 7.2B demonstrates proper body positioning, proficiency, and footwork and performs offensive and defensive skills during dynamic activities, game situations, and sports. PE 7.4A executes the appropriate use of open space and closing space during dynamic activities, games, and sports.	
		Safety Prevention PE 7.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports. PE 7.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety.	
		Nutrition PE 7.10A evaluates healthy food choices that show a balanced daily intake of macronutrients to enhance physical performance. PE 7.10B analyzes and determines the appropriate times to consume traditional sports drinks that have the appropriate carbohydrate and sodium content.	
		Social and Emotional Health and Wellness PE 7.12A discusses the importance of and demonstrates respect for differences and similarities in abilities of self and others during game situations and sports. PE 7.12B analyzes self-management skills to demonstrate self-control of impulses and emotions, without cue, during game situations and sports. PE 7.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding. PE 7.13B communicates effectively to enhance healthy interactions while settling disagreements. PE 7.13C demonstrates empathy and mutual respect for the feelings of others.	

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Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
		<p>PE 7.14A develops and applies a plan of action and makes effective decisions when faced with challenges, obstacles, or difficulties during game situations and sports.</p> <p>PE 7.15A provides constructive feedback to peers following teacher guidelines to improve performance.</p>	

Cycle 3		28 Days	<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:	
Unit 3: Personal fitness, Conditioning, Lead-up Games, Sports, and Activities This unit focuses on designing a personal fitness plan and conditioning for physical performance, flexibility, health, and longevity to meet the physical demands of everyday life; the lesson also focuses on safety and proper nutrition.	24 class periods (45-min. lessons)	Personal Fitness PE 7.8A analyzes the long-term benefits of moderate to vigorous physical activity on overall health and wellness.	
	12 class periods (90-min. lessons) <i>Thanksgiving Break</i> <i>Nov. 21-25</i> <i>Winter Break (students)</i> <i>Dec. 22 - Jan. 6</i> <i>Winter Break (teachers)</i> <i>Dec. 22 - Jan. 4</i>	PE 7.8B applies basic frequency, intensity, time, and type (FITT) principle in a variety of aerobic and anaerobic activities. PE 7.8C applies health-related and skill-related fitness components and explains how each component impacts personal fitness. PE 7.9A creates a collaborative physical fitness plan to target areas for improvement in health-related fitness. PE 7.9B monitors and evaluates personal fitness goals and makes appropriate changes for improvement. PE 7.16B evaluates self-selected physical activities for personal enjoyment Conditioning PE 7.2A moves between positions with controlled balance during dynamic activities, game situations. PE 7.2B demonstrates proper body positioning, proficiency, and footwork and performs offensive and defensive skills during dynamic activities, game situations. PE 7.3B applies correct catching techniques with a variety of objects from different levels and trajectories during dynamic activities, game situations. PE 7.4A executes the appropriate use of open space and closing space during dynamic activities, games, and sports. PE 7.4B executes the appropriate use of speed, direction, and force with or without an implement during dynamic activities, games, and sports. Lead-up Games, Sports and Activities PE 7.3A applies correct throwing techniques with distance, power, and accuracy while both partners are moving during dynamic activities, game situations, and sports. PE 7.3B applies correct catching technique with a variety of objects from different levels and trajectories during dynamic activities, game situations, and sports. PE 7.3C applies offensive and defensive patterns in game strategies while hand dribbling. PE 7.3D applies offensive and defensive foot dribbling strategies during game situations and sports. PE 7.3E applies correct technique in kicking and punting with control, distance, and accuracy during game situations and sports. PE 7.3F applies correct technique in volleying with both control and accuracy during game situations and sports. PE 7.3G applies correct technique when striking an object with speed, accuracy, force, and distance during game situations and sports. PE 7.3H creates and performs a jump rope routine using a variety of skills that require agility, speed, and endurance.	

<p>Cycle 3</p>	<p>28 Days Nov. 7 - Dec. 21, 2022</p>	<p><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></p>
<p>Unit</p>	<p># Class Periods</p>	<p>Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:</p>
		<p><u>Nutrition</u> PE 7.10A evaluates healthy food choices that show a balanced daily intake of macronutrients to enhance physical performance. PE 7.10B analyzes and determines the appropriate times to consume traditional sports drinks that have the appropriate carbohydrate and sodium content.</p> <p><u>Safety Prevention</u> PE 7.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports. PE 7.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety.</p> <p><u>Social and Emotional Health and Wellness</u> PE 7.12A discusses the importance of and demonstrates respect for differences and similarities in abilities of self and others during game situations and sports. PE 7.12B analyzes self-management skills to demonstrate self-control of impulses and emotions, without cue, during game situations and sports. PE 7.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding. PE 7.13B communicates effectively to enhance healthy interactions while settling disagreements. PE 7.13C demonstrates empathy and mutual respect for the feelings of others. PE 7.14A develops and applies a plan of action and makes effective decisions when faced with challenges, obstacles, or difficulties during game situations and sports. PE 7.15A provides constructive feedback to peers following teacher guidelines to improve performance.</p>

Cycle 4		33 Days Jan. 9 - Feb. 24, 2023	<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 4: Rhythm and Dance</p> <p>This unit focuses on movement that teaches rhythmic patterns and performances, such as folk, square, aerobic dance, and social dancing, enhancing cultural diversity and promoting social interaction. It also focuses on fluent reading patterns through movement.</p>	<p>24 class periods (45-min. lessons)</p> <p>12 class periods (90-min. lessons)</p> <p><i>Winter Break (students)</i> Dec. 22 - Jan. 6</p> <p><i>Winter Break (teachers)</i> Dec. 22 - Jan. 4</p> <p><i>MLK Jr. Day</i> Jan. 16</p> <p><i>Teacher Prep Day (no students)</i> Jan. 5</p> <p><i>Teacher Service Day (no students)</i> Jan. 6</p> <p><i>Teacher Service Day (no students)</i> Feb. 20</p>	<p>Rhythmic Locomotor Movements</p> <p>PE 7.1A combines and applies a variety of locomotor skills during dynamic fitness, sport, and rhythmic activities.</p> <p>PE 7.1B applies correct jumping and landing techniques during dynamic activities, game situations, and sports.</p> <p>PE 7.8A analyzes the long-term benefits of moderate to vigorous physical activity on overall health and wellness.</p> <p>PE 7.8C applies health-related and skill-related fitness components and explains how each component impacts personal fitness.</p> <p>Movement through Patterns: Square Dance, Aerobic Dance, Social Dance, Stepping, Modern, Classical, Tap</p> <p>PE 7.4A executes the appropriate use of open space and closing space during dynamic activities, games, and sports.</p> <p>PE 7.4B executes the appropriate use of speed, direction, and force with or without an implement during dynamic activities, games, and sports.</p> <p>PE 7.5A performs rhythmic routines with advanced steps and movement patterns with a partner.</p> <p>PE 7.8C applies health-related and skill-related fitness components and explains how each component impacts personal fitness.</p> <p>PE 7.16A implements a plan using available technology to participate in moderate to vigorous physical activity for a sustained period of time on a regular basis.</p> <p>PE 7.16B evaluates self-selected physical activities for personal enjoyment.</p> <p>Nutrition</p> <p>PE 7.10A evaluates healthy food choices that show a balanced daily intake of macronutrients to enhance physical performance.</p> <p>PE 7.10B analyzes and determines the appropriate times to consume traditional sports drinks that have the appropriate carbohydrate and sodium content.</p> <p>Safety Prevention</p> <p>PE 7.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports.</p> <p>PE 7.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety.</p> <p>Social and Emotional Health and Wellness</p> <p>PE 7.12A discusses the importance of and demonstrates respect for differences and similarities in abilities of self and others during game situations and sports.</p> <p>PE 7.12B analyzes self-management skills to demonstrate self-control of impulses and emotions, without cue, during game situations and sports.</p>	

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		<p>PE 7.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding.</p> <p>PE 7.13B communicates effectively to enhance healthy interactions while settling disagreements.</p> <p>PE 7.13C demonstrates empathy and mutual respect for the feelings of others.</p> <p>PE 7.14A develops and applies a plan of action and makes effective decisions when faced with challenges, obstacles, or difficulties during game situations and sports.</p> <p>PE 7.15A provides constructive feedback to peers following teacher guidelines to improve performance.</p>	

Cycle 5		28 Days Feb. 27 - Apr. 14, 2023	<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:	
Unit 5: Fitness Testing and Individual Sports This unit focuses on students participating in the post-test of the Fitnessgram and sports where a student experiences an individual, highlighting learning the basics of the sport, form, rules, and sportsmanship.	24 class periods (45-min. lessons) 12 class periods (90-min. lessons) <i>Spring Break</i> <i>Mar. 13-17</i> <i>Chávez-Huerta Day</i> <i>Mar. 31</i> <i>Spring Holiday</i> <i>Apr. 7</i>	Post-Fitness Testing PE 7.8A analyzes the long-term benefits of moderate to vigorous physical activity on overall health and wellness. PE 7.8C applies health-related and skill-related fitness components and explains how each component impacts personal fitness. PE 7.9A creates a collaborative physical fitness plan to target areas for improvement in health-related fitness. PE 7.9B monitors and evaluates personal fitness goals and makes appropriate changes for improvement. Individual Sports PE 7.6A applies offensive and defensive strategies used in net or wall, invasion, target, striking and fielding games and sports. PE 7.6B applies combinations or sequences of game skills to achieve individual goals. PE 7.6C demonstrates self-responsibility and appropriate sporting behavior in game situations and sports. PE 7.16A implements a plan using available technology to participate in moderate to vigorous physical activity for a sustained period of time on a regular basis. PE 7.16B evaluates self-selected physical activities for personal enjoyment. Nutrition PE 7.10A evaluates healthy food choices that show a balanced daily intake of macronutrients to enhance physical performance. PE 7.10B analyzes and determines the appropriate times to consume traditional sports drinks that have the appropriate carbohydrate and sodium content. Safety Prevention PE 7.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports. PE 7.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety. Social and Emotional Health and Wellness PE 7.12A discusses the importance of and demonstrates respect for differences and similarities in abilities of self and others during game situations and sports. PE 7.12B analyzes self-management skills to demonstrate self-control of impulses and emotions, without cue, during game situations and sports. PE 7.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding. PE 7.13B communicates effectively to enhance healthy interactions while settling disagreements.	

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Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs)	
		The student will: PE 7.13C demonstrates empathy and mutual respect for the feelings of others. PE 7.14A develops and applies a plan of action and makes effective decisions when faced with challenges, obstacles, or difficulties during game situations and sports. PE 7.15A provides constructive feedback to peers following teacher guidelines to improve performance.	

Cycle 6		31 Days	<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:	
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.	24 class periods (45-min. lessons)	Outdoor Survival skills PE 7.7A demonstrates a variety of correct techniques for outdoor recreational skills, activities, and games. PE 7.8A analyzes the long-term benefits of moderate to vigorous physical activity on overall health and wellness. PE 7.16B evaluates self-selected physical activities for personal enjoyment.	
	12 class periods (90-min. lessons) <i>Memorial Day</i> <i>May 29</i> <i>Teacher Prep Day</i> <i>(no students)</i> <i>June 1</i>	Land Navigation PE 7.8A describes the long-term benefits of moderate to vigorous physical activity on overall health and wellness. PE 7.16A implements a plan using available technology to participate in moderate to vigorous physical activity for a sustained period of time on a regular basis. PE 7.16B evaluates self-selected physical activities for personal enjoyment. Angler & Fish Activities PE 7.4A applies correct catching technique with a variety of objects from different levels and trajectories during dynamic activities, game situations, and sports. PE 7.4B executes the appropriate use of speed, direction, and force with or without an implement during dynamic activities, games, and sports. PE 7.7A demonstrates a variety of correct techniques for outdoor recreational skills, activities, and games. PE 7.16B evaluates self-selected physical activities for personal enjoyment. Challenge of Initiatives Games PE 7.4A executes the appropriate use of open space and closing space during dynamic activities, games, and sports. PE 7.4B applies correct catching technique with a variety of objects from different levels and trajectories during dynamic activities, game situations, and sports. PE 7.8A analyzes the long-term benefits of moderate to vigorous physical activity on overall health and wellness. Safety Prevention PE 7.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports. PE 7.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety. Nutrition PE 7.10A evaluates healthy food choices that show a balanced daily intake of macronutrients to enhance physical performance. PE 7.10B analyzes and determines the appropriate times to consume traditional sports drinks that have the appropriate carbohydrate and sodium content. Social and Emotional Health and Wellness	

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		Apr. 17 - May 31, 2023	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs)	
		<p>The student will:</p> <p>PE 7.12A discusses the importance of and demonstrates respect for differences and similarities in abilities of self and others during game situations and sports.</p> <p>PE 7.12B analyzes self-management skills to demonstrate self-control of impulses and emotions, without cue, during game situations and sports.</p> <p>PE 7.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding.</p> <p>PE 7.13B communicates effectively to enhance healthy interactions while settling disagreements.</p> <p>PE 7.13C demonstrates empathy and mutual respect for the feelings of others.</p> <p>PE 7.14A develops and applies a plan of action and makes effective decisions when faced with challenges, obstacles, or difficulties during game situations and sports.</p> <p>PE 7.15A provides constructive feedback to peers following teacher guidelines to improve performance.</p>	