

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: Foundations of Personal Fitness</b> 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><b>Conditioning and Personal Fitness</b></p> <p><b>PE.7.2C</b> Describe the importance of goal setting to improve performance skill. <b>PE 7.2E</b> Make appropriate changes in performance based on feedback. <b>PE.7.2F</b> Identify basic biomechanical principles including lowering the center of gravity and widening the base of support.</p> <p>Health</p> <p><b>PE 7.3B</b> Identify and participate in leisure and lifelong physical activities at least twice a week. <b>PE.7.3C</b> Participate in moderate to vigorous health-related physical activities such as tennis, badminton, cooperative games and/or aerobic exercises to develop cardiovascular efficiency. <b>PE 7.3D</b> Evaluate personal fitness goals and make appropriate changes for improvement <b>PE.7.3E</b> Select and use appropriate technology tools such as the Fitness Gram, BMI monitors and pedometers to evaluate, monitor, and improve physical development. <b>PE 7.4A</b> List long term physiological and psychological benefits that may result from regular participation in physical activity such as improved mental health, and long life. <b>PE 7.4B</b> Assess physiological effects of exercise during and after physical activity. <b>PE 7.4C</b> Match personal physical activities to health-related fitness components such as flexibility exercise, abdominal strength, and cardiovascular endurance. <b>PE 7.4D</b> Analyze the strength and weaknesses of selected physical activities such as badminton, tennis, power walking. <b>PE 7.4E</b> Identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function. <b>PE 7.4F</b> Identify basic weight training principles and safety practices <b>PE 7.4G</b> Describe the effects of fitness-related stress. <b>PE 7.4H</b> Explain the effects of eating and exercise patterns on weight control, self-concept, and physical performance. <b>PE 7.4I</b> Recognize the effects of substance abuse on personal health and performance in physical activity. <b>PE.7.5A</b> Use equipment safely and properly when participating in physical activity. <b>PE.7.5B</b> Select and use proper attire that promotes participation and prevents injury. <b>PE.7.5C</b> Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions including wind, cold, heat, and insects; and recommend prevention and treatment <b>PE.7.5D</b> Analyze the effects of exercises on the body such as hamstring stretches, quad stretches, trunk twists, shoulder rolls, arm stretches, sit-ups including beneficial and potentially dangers. <b>PE.7.5E</b> Recognize harmful effects of the sun including sunburn, heatstroke, heat exhaustion, and heat cramps.</p>

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Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
		<p><b><u>Cooperative Games</u></b>  <b>PE 7.2C</b> Describe the importance of goal setting to improve performance skill.  <b>PE 7.1A</b> Coordinate movements with teammates to achieve team goals.  <b>PE 7.7D</b> Use peer interaction positively to enhance personal physical activity and safety.  <b>PE 7.7E</b> Recognize the role of games, sports, and dance promote social interaction both during and outside school.</p> <p><b><u>Safety</u></b>  <b>PE 7.5A</b> Use equipment safely and properly when participating in physical activity.  <b>PE 7.5B</b> Select and use proper attire that promotes participation and prevents injury.  <b>PE7.5C</b> 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.  <b>PE 7.5E</b> Recognize harmful effects of the sun including sunburn, heatstroke, heat exhaustion, and heat cramps.</p> <p><b><u>Nutrition</u></b>  <b>PE 7.4E</b> Identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function.  <b>PE 7.4H</b> Explain the effects of eating and exercise patterns on weight control, self- concept, and physical performance.</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:
<b>Unit 2: Team Sports and Fitness Testing</b> This unit focuses on students participating in a pre-test of the Fitnessgram and team sports while working together to accomplish a general goal to defeat an opposing team while supporting and encouraging each other.	12 class periods (90-min. each) or 23 class periods (45-min. each)  <i>Teacher Service Day (no students) Oct. 4</i>	<p><b>Pre-Fitness Testing</b></p> <p><b>PE 7.2C</b> Describe the importance of goal setting to improve performance skill.</p> <p><b>PE 7.2E</b> Make appropriate changes in performance based on feedback.</p> <p><b>PE 7.2F</b> Identify basic biomechanical principles including lowering the center of gravity and widening the base of support.</p> <p><b>PE 7.3B</b> Identify and participate in leisure and lifelong physical activities at least twice a week.</p> <p><b>PE 7.3C</b> Participate in moderate to vigorous health-related physical activities such as tennis, badminton, cooperative games and/or aerobic exercises to develop cardiovascular efficiency.</p> <p><b>PE 7.3D</b> Evaluate personal fitness goals and make appropriate changes for improvement.</p> <p><b>PE 7.3E</b> Select and use appropriate technology tools such as the Fitness Gram, BMI monitors and pedometers to evaluate, monitor, and improve physical development.</p> <p><b>PE 7.4A</b> List long-term physiological and psychological benefits that may result from regular participation in physical activity such as improved mental health, and long life.</p> <p><b>PE 7.4B</b> Assess physiological effects of exercise during and after physical activity.</p> <p><b>PE 7.4C</b> Match personal physical activities to health-related fitness components such as flexibility exercise, abdominal strength, cardiovascular endurance.</p> <p><b>PE 7.4D</b> Analyze the strength and weaknesses of selected physical activities such as badminton, tennis, power walking.</p> <p><b>PE 7.4F</b> Identify basic weight training principles and safety practices including goal setting, appropriate weight and repetitions, body alignment, principle of frequency, intensity, and time, and importance of balance in muscle pairs.</p> <p><b>PE 7.4G</b> describe the effects of fitness-related stress management techniques on the body.</p> <p><b>Team Sports</b></p> <p><b>PE 7.2C</b> Describe the importance of goal setting to improve performance skill.</p> <p><b>PE 7.2E</b> Make appropriate changes in performance based on feedback.</p> <p><b>PE 7.2F</b> Identify basic biomechanical principles including lowering the center of gravity and widening the base of support.</p> <p><b>PE 7.3B</b> Identify and participate in leisure and lifelong physical activities at least twice a week.</p> <p><b>PE 7.3C</b> Participate in moderate to vigorous health-related physical activities such as tennis, badminton, cooperative games and/or aerobic exercises to develop cardiovascular efficiency.</p> <p><b>PE 7.3D</b> Evaluate personal fitness goals and make appropriate changes for improvement.</p> <p><b>PE 7.3E</b> Select and use appropriate technology tools such as the Fitness Gram, BMI monitors and pedometers to evaluate, monitor, and improve physical development.</p> <p><b>PE 7.4A</b> List long-term physiological and psychological benefits that may result</p>

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Unit	# Class Periods	
		<p><b>Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs)</b> <i>The student will:</i></p> <p>from regular participation in physical activity such as improved mental health, and long life.  <b>PE 7.4B</b> Assess physiological effects of exercise during and after physical activity.  <b>PE 7.4C</b> Match personal physical activities to health-related fitness components such as flexibility exercise, abdominal strength, cardiovascular endurance.  <b>PE 7.4D</b> Analyze the strength and weaknesses of selected physical activities such as badminton, tennis, power walking.  <b>PE 7.4F</b> Identify basic weight training principles and safety practices including goal setting, appropriate weight and repetitions, body alignment, principle of frequency, intensity, and time, and importance of balance in muscle pairs.  <b>PE 7.4G</b> Describe the effects of fitness-related stress management techniques on the body.</p> <p><b>Nutrition</b>  <b>PE 7.4E</b> identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function.  <b>PE 7.4H</b> explain the effects of eating and exercise patterns on weight control, self- concept, and physical performance.</p> <p><b>Safety</b>  <b>PE 7.5A</b> use equipment safely and properly when participating in physical activity.  <b>PE 7.5B</b> select and use proper attire that promotes participation and prevents injury.  <b>PE 7.5C</b> 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.  <b>PE 7.5E</b> recognize harmful effects of the sun including sunburn, heatstroke, heat exhaustion, and heat cramps.</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: Conditioning, Lead-up Sports and Recreational Games</b></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><b>12</b> class periods (90-min. each) or <b>24</b> 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>Conditioning</b></p> <p><b>PE 7.2C</b> Describe the importance of goal setting to improve performance skill. <b>PE 7.2E</b> Make appropriate changes in performance based on feedback. <b>PE 7.2F</b> Identify basic biomechanical principles including lowering the center of gravity and widening the base of support. <b>PE 7.3B</b> Identify and participate in leisure and lifelong physical activities at least twice a week. <b>PE 7.3C</b> Participate in moderate to vigorous health-related physical activities such as tennis, badminton, cooperative games and/or aerobic exercises to develop cardiovascular efficiency. <b>PE 7.3D</b> Evaluate personal fitness goals and make appropriate changes for improvement. <b>PE 7.3E</b> Select and use appropriate technology tools such as the FitnessGram, BMI monitors and pedometers to evaluate, monitor, and improve physical development. <b>PE 7.4A</b> List long-term physiological and psychological benefits that may result from regular participation in physical activity such as improved mental health, and long life. <b>PE 7.4B</b> Assess physiological effects of exercise during and after physical activity. <b>PE 7.4C</b> Match personal physical activities to health-related fitness components such as flexibility exercise, abdominal strength, cardiovascular endurance. <b>PE 7.4D</b> Analyze the strength and weaknesses of selected physical activities <b>PE 7.4F</b> Identify basic weight training principles and safety practices including goal setting, appropriate weight and repetitions, body alignment, principle of frequency, intensity, and time, and importance of balance in muscle pairs. <b>PE 7.4G</b> Describe the effects of fitness-related stress management techniques on the body.</p> <p><b>Lead-up Recreational Games and Activities</b></p> <p><b>PE 7.1H</b> Demonstrate introductory outdoor pursuit skills such as backpacking, rock climbing, orienteering, hiking, canoeing, cycling, or ropes courses. <b>PE 7.2C</b> Describe the importance of goal setting to improve performance skill. <b>PE 7.3A</b> Participate in games, sports, dance, and outdoor pursuits in school and/or community based on individual interest and capabilities. <b>PE 7.4E</b> Identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function. <b>PE 7.4H</b> Explain the effects of eating and exercise patterns on weight control, self- concept, and physical performance. <b>PE 7.5A</b> Use equipment safely and properly when participating in physical activity. <b>PE 7.5B</b> Select and use proper attire that promotes participation and prevents injury.</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><b>PE 7.5C</b> 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><b>PE 7.5E</b> Recognize harmful effects of the sun including sunburn, heatstroke, heat exhaustion, and heat cramps.</p> <p><b>PE 7.7B</b> Work cooperatively in a group and/or team to achieve group/team goals while at play or in competitive.</p> <p><b>Substance Abuse</b></p> <p><b>PE 7.4I</b> recognize the effects of substance abuse on personal health and performance in physical activity.</p> <p><b>Nutrition</b></p> <p><b>PE 7.4E</b> Identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function.</p> <p><b>PE 7.4H</b> Explain the effects of eating and exercise patterns on weight control, self- concept, and physical performance.</p> <p><b>Safety</b></p> <p><b>PE 7.5A</b> Use equipment safely and properly when participating in physical activity.</p> <p><b>PE 7.5B</b> Select and use proper attire that promotes participation and prevents injury.</p> <p><b>PE 7.5C</b> 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><b>PE 7.5E</b> Recognize harmful effects of the sun including sunburn, heatstroke, heat exhaustion, and heat cramps.</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: Rhythm and Dance</b> This unit focuses on aerobic dancing, emphasizing step patterns, the origin of dances, and moderate to vigorous dance activity, its relationship to lifetime fitness, and social value. Students will also explore and discover how to use different body parts to create shapes for dancing.</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>Rhythms</b> <b>PE.7.1D</b> Perform selected folk, country, square, line, creative, and/or aerobic dances. <b>PE.7.1E</b> Design and perform sequences of dance steps/movements in practiced sequences with intentional changes in speed, direction, and flow <b>PE.7.2C</b> Describe the importance of goal setting to improve performance skill. <b>PE.7.2E</b> Make appropriate changes in performance based on feedback. <b>PE.7.3A</b> Participate in games, sports, dance, and outdoor pursuits in school and/or community based on individual interest and capabilities. <b>PE.7.3C</b> Participate in moderate to vigorous health-related physical activities such as tennis, badminton, cooperative games and/or aerobic exercises to develop cardiovascular efficiency.</p> <p><b>Aerobic Dancing</b> <b>PE.7.1E</b> Design and perform sequences of dance steps/movements in practiced sequences with intentional changes in speed, direction, and flow. <b>PE.7.2E</b> Make appropriate changes in performance based on feedback.</p> <p><b>Health</b> <b>PE.7.3A</b> Participate in games, sports, dance, and outdoor pursuits in school and/or community based on individual interest and capabilities. <b>PE.7.3C</b> Participate in moderate to vigorous health-related physical activities such as tennis, badminton, cooperative games and/or aerobic exercises to develop cardiovascular efficiency.</p> <p><b>Safety</b> <b>PE.7.6A</b> Distinguish between compliance and noncompliance with rules and regulations during games and activities.</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: Fitness Testing and Individual Sports</b></p> <p>This unit focuses on students participating in the post-test of the physical fitness test and sports where a student experiences 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><b>Post-Fitness Testing</b></p> <p><b>PE 7.2C</b> Describe the importance of goal setting to improve performance skill.  <b>PE 7.2E</b> Make appropriate changes in performance based on feedback.  <b>PE 7.2F</b> Identify basic biomechanical principles including lowering the center of gravity and widening the base of support.  <b>PE 7.3B</b> Identify and participate in leisure and lifelong physical activities at least twice a week.  <b>PE 7.3C</b> Participate in moderate to vigorous health-related physical activities such as tennis, badminton, cooperative games and/or aerobic exercises to develop cardiovascular efficiency.  <b>PE 7.3D</b> Evaluate personal fitness goals and make appropriate changes for improvement.  <b>PE 7.3E</b> Select and use appropriate technology tools such as the FitnessGram, BMI monitors and pedometers to evaluate, monitor, and improve physical development.  <b>PE 7.4A</b> List long-term physiological and psychological benefits that may result from regular participation in physical activity such as improved mental health, and long life.  <b>PE 7.4B</b> Assess physiological effects of exercise during and after physical activity.  <b>PE 7.4C</b> Match personal physical activities to health-related fitness components such as flexibility exercise, abdominal strength, cardiovascular endurance.  <b>PE 7.4D</b> Analyze the strength and weaknesses of selected physical activities such as badminton, tennis, power walking.  <b>PE 7.4F</b> Identify basic weight training principles and safety practices including goal setting, appropriate weight and repetitions, body alignment, principle of frequency, intensity, and time, and importance of balance in muscle pairs.  <b>PE 7.4G</b> Describe the effects of fitness-related stress management techniques on the body.</p> <p><b>Individual Sports</b></p> <p><b>PE 7.1B</b> Demonstrate appropriate relationships to an opponent in dynamic game situations such as staying between opponent and goal and moving between opponent and the ball.  <b>PE 7.1C</b> Demonstrate appropriate speed and generation of force such as running sprints, running distance, throwing a disc, jumping, or kicking.  <b>PE 7.1F</b> Demonstrate, without cue, critical elements in specialized skills related to sports including overhand throw for distance/force, serving, and passing a volleyball, shooting a basketball, shooting a lay-up, forehand and backhand strokes, striking with a racket, club, or bat.  <b>PE 7.1G</b> Combine skills competently to participate in modified versions of team and individual sports.</p>

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Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
		<p><b>PE 7.2A</b> Modify activities that provide practice of selected skills to improve performance including practice with non-dominant hand, practice specific game situations, practice jumps or cartwheels in both directions</p> <p><b>PE 7.2B</b> Identify similarities and differences between movement concepts and elements in a variety of sport skills such as overhand throw and an overhand serve in tennis.</p> <p><b>PE 7.2C</b> Describe the importance of goal setting to improve performance skill.</p> <p><b>PE 7.2D</b> Detect and correct errors in personal or partner's skill performance a positive and constructive manner.</p> <p><b>PE 7.2E</b> Make appropriate changes in performance based on feedback.</p> <p><b>PE 7.2F</b> Identify basic biomechanical principles including lowering the center of gravity and widening the base of support.</p> <p><b>PE 7.2G</b> Use basic offensive and defensive strategies while playing a modified version of a sport.</p> <p><b>PE 7.3A</b> Participate in games, sports, dance, and outdoor pursuits in school and/or community based on individual interest and capabilities.</p> <p><b>PE 7.3B</b> Identify and participate in leisure and lifelong physical activities at least twice a week.</p> <p><b>PE 7.3E</b> Select and use appropriate technology tools such as the FitnessGram, BMI monitors and pedometers to evaluate, monitor, and improve physical development.</p> <p><b>PE 7.6B</b> Describe fundamental components and strategies used in net/wall, invasion, target, and fielding games such as net/wall alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feel the movement, and fielding-back up other players.</p> <p><b>PE 7.7B</b> Work cooperatively in a group and/or team to achieve group/team goals while at play or in competitive.</p> <p><b>PE 7.7D</b> Use peer interaction positively to enhance personal physical activity and safety.</p> <p><b>PE 7.7E</b> recognize the role of games, sport, and dance promote social interaction both during and outside school.</p> <p><b><u>Nutrition</u></b></p> <p><b>PE 7.4E</b> Identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function.</p> <p><b>PE 7.4H</b> Explain the effects of eating and exercise patterns on weight control, self- concept, and physical performance.</p>

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	Feb. 28 - Apr. 22, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
		<p><b>Safety</b></p> <p><b>PE 7.5A</b> Use equipment safely and properly when participating in physical activity.</p> <p><b>PE 7.5B</b> Select and use proper attire that promotes participation and prevents injury.</p> <p><b>PE 7.5C</b> 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><b>PE 7.5E</b> Recognize harmful effects of the sun including sunburn, heatstroke, heat exhaustion, and heat cramps.</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: Outdoor and Recreation Activities</b> This unit focuses on students participating in adventurous, experimental outdoor activities and survival skills experienced in a group or individual setting, including challenge activities, land navigation, outdoor survival skills, and angler/fishing activities.</p>	<p>13 class periods (90-min. each) or 25 class periods (45-min. each)</p> <p><i>Memorial Day</i> <b>May 30</b></p> <p><i>Teacher Prep Day</i> <i>(no students)</i> <b>June 8</b></p> <ul style="list-style-type: none"> <li>•Extend</li> <li>• Review</li> <li>• Assess</li> <li>• Reteach</li> </ul> <p><b>May 31</b> <b>June 1-7</b></p>	<p><b><u>Outdoor Survival Skills</u></b></p> <p><b>PE 7.1H</b> Demonstrate introductory outdoor pursuit skills such as backpacking, rock climbing, orienteering, hiking, canoeing, cycling, or rope courses. <b>PE 7.2C</b> Describe the importance of goal setting to improve performance skill. <b>PE 7.3A</b> Participate in games, sports, dance, and outdoor pursuits in school and/or community based on individual interest and capabilities. <b>PE 7.7B</b> Work cooperatively in a group and/or team to achieve group/team goals while at play or in competitive.</p> <p><b><u>Challenge Activities</u></b></p> <p><b>PE 7.1H</b> Demonstrate introductory outdoor pursuit skills such as backpacking, rock climbing, orienteering, hiking, canoeing, cycling, or rope courses. <b>PE 7.2C</b> Describe the importance of goal setting to improve performance skill. <b>PE 7.3A</b> Participate in games, sports, dance, and outdoor pursuits in school and/or community based on individual interest and capabilities. <b>PE 7.7B</b> Work cooperatively in a group and/or team to achieve group/team goals while at play or in competitive.</p> <p><b><u>Land Navigation</u></b></p> <p><b>PE 7.1H</b> Demonstrate introductory outdoor pursuit skills such as backpacking, rock climbing, orienteering, hiking, canoeing, cycling, or rope courses. <b>PE 7.2C</b> Describe the importance of goal setting to improve performance skill. <b>PE 7.3A</b> Participate in games, sports, dance, and outdoor pursuits in school and/or community based on individual interest and capabilities. <b>PE 7.7B</b> Work cooperatively in a group and/or team to achieve group/team goals while at play or in competitive.</p> <p><b><u>Angler &amp; Fish Activities</u></b></p> <p><b>PE 7.1H</b> Demonstrate introductory outdoor pursuit skills such as backpacking, rock climbing, orienteering, hiking, canoeing, cycling, or rope courses. <b>PE 7.2C</b> Describe the importance of goal setting to improve performance skill. <b>PE 7.3A</b> Participate in games, sports, dance, and outdoor pursuits in school and/or community based on individual interest and capabilities. <b>PE 7.7B</b> Work cooperatively in a group and/or team to achieve group/team goals while at play or in competitive.</p> <p><b><u>Nutrition</u></b></p> <p><b>PE 7.4E</b> Identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function. <b>PE 7.4H</b> 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><b>Safety</b></p> <p><b>PE 7.5A</b> Use equipment safely and properly when participating in physical activity.</p> <p><b>PE 7.5B</b> Select and use proper attire that promotes participation and prevents injury.</p> <p><b>PE 7.5C</b> 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><b>PE 7.5E</b> Recognize harmful effects of the sun including sunburn, heatstroke, heat exhaustion, and heat cramps.</p>