

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><u>Introduction to Personal Fitness</u> PE 6.3A Identify opportunities in the school and community for regular participation in physical activity. PE 6.3B Participate in a variety of moderate to vigorous health-related physical activities on a regular. PE 6.3C Use personal logs and group projects to monitor and chart progress toward personal health-related fitness goals. PE 6.4A Discuss the long-term benefits of participating in regular physical activity including better physical, mental, and social well-being. PE 6.4E Identify each health-related fitness component and describe how participating in cardiovascular endurance, muscular strength and endurance, and flexibility actions impact personal.</p> <p><u>Conditioning</u> PE 6.1B use relationships, levels, speed, direction, and pathways effectively in complex group and individual physical activities such as crouching low for volleyball digs, stretching high during lay-ups, positioning for a soccer pass, or passing ahead of a receiver PE 6.1G strike a ball to a wall or a partner with a paddle/racquet using forehand. PE 6.1J keep an object in the air without catching it in a small group such as volleyball and football. PE 6.3A Identify opportunities in the school and community for regular participation in physical activity. PE 6.3B Participate in a variety of moderate to vigorous health-related physical activities on a regular basis such as during physical education class. PE 6.3C Use personal logs and group projects to monitor and chart progress toward personal health-related fitness goals. PE 6.4A Discuss the long-term benefits of participating in regular physical activity including better physical, mental, and social well-being. PE 6.4D Analyze effects of exercise on heart rate using manual pulse checking and recovery rates, heart rate monitors, include during warm-up and cool down. PE 6.4E Identify each health-related fitness component and describe how participating in cardiovascular endurance. PE 6.5C warm-up and cool-down procedures regularly during exercise.</p> <p><u>Cooperative Games</u> PE 6.2B Make changes based on feedback from teacher, peers, and using self- analysis to improve skills. PE 6.3A Identify opportunities in the school and community for regular participation in physical activity. PE 6.3B Participate in a variety of moderate to vigorous health-related physical activities on a regular basis such as during physical education class. PE 6.6A know basic rules for sports played such as setting up to start, restarting, violating rules.</p>

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Unit	# Class Periods	
		<p>Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:</p> <p><u>Nutrition</u> PE 6.4F Identify specific foods that contain protein, vitamins, and minerals including fruits, green leafy vegetables, and white meats as key elements to optimal body function. PE 6.4I Recognize that idealized images of the human body and performance as presented by the media may not be appropriate to imitate.</p> <p><u>Safety</u> PE 6.5A Use equipment safely and properly during physical activity. PE 6.5B Select and use proper attire that promotes participation and prevents injury such as closed toed/heel shoes with rubber soles, loose clothing, removal of jewelry and proper safety equipment when required. PE 6.5C Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as inclement weather (e.g., wind, cold, heat, ozone alerts, thunderstorms) and insects; and recommend prevention and treatment. PE 6.5D Identify potentially dangerous exercises including ballistic stretches and straight-leg sit-ups and explain their adverse effects on the body. PE 6.5E Explain water safety and basic rescue procedures. PE 6.7C Practice following rules while engaging in sports/games including class rules and expectations.</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:
Unit 2: Team Sports and Fitness Testing 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><u>Physical Fitness Testing</u></p> <p>PE 6.3A Identify opportunities in the school and community for regular participation in physical activity.</p> <p>PE 6.3B Participate in a variety of moderate to vigorous health-related physical activities on a regular basis such as during physical education class.</p> <p>PE 6.3C Use personal logs and group projects to monitor and chart progress toward personal health-related fitness goals.</p> <p>PE 6.3D Use technological tools such as the Fitness Gram, heart rate monitors, body mass index, pedometers, and blood pressure cuffs to measure and monitor personal fitness.</p> <p>PE 6.4D Analyze effects of exercise on heart rate using manual pulse checking and recovery rates, heart rate monitors, include during warm-up and cool down.</p> <p>PE 6.4E Identify each health-related fitness component and describe how participating in cardiovascular endurance, muscular strength and endurance, and flexibility actions impact personal fitness.</p> <p><u>Developing Fitness Skills and Sportsmanship through Team Sports</u></p> <p>PE 6.1A Perform locomotor skills in dynamic fitness, sport, and rhythmic activities.</p> <p>PE 6.1B Demonstrate and use relationships, levels, speed, direction, and pathways effectively in complex group and individual physical activities such as crouching low for volleyball digs, stretching high during lay-ups, positioning for a soccer pass, or passing ahead of a receiver.</p> <p>PE 6.1F Throw a variety of objects such as Frisbee, softball, and basketball demonstrating proper technique, accuracy, and distance.</p> <p>PE 6.1H Strike a ball using a golf club or a hockey stick consistently so it travels in an intended direction</p> <p>PE 6.1I Demonstrate offensive techniques when hand or foot is dribbling, including keeping the ball close to the body, turning back toward the defender, and controlling the speed of the ball.</p> <p>PE 6.1J Demonstrate strategy and technique to keep an object in the air without catching it in a small group such as volleyball and football.</p> <p>PE 6.1K Perform offensive techniques when catching and throwing a ball including: always keep eye on the ball, bring ball close to body when catching, and control speed of ball</p> <p>PE 6.2A Understand that listening to constructive instruction and practicing are required when learning skills.</p> <p>PE 6.2B Make changes based on feedback from teacher, peers, and using self- analysis to improve skills.</p> <p>PE 6.2C Select and participate in physical activities inside and outside of school including bicycling, swimming, jumping rope, walking, jogging, and dance.</p> <p>PE 6.6A Know basic rules for games/sports including how to begin/end, scoring, boundaries, rotations, and penalties for violating rules.</p> <p>PE 6.6B Demonstrate accurate score keeping during recreational, individual, and team sports.</p>

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Unit	# Class Periods	
		<p>Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) <i>The student will:</i></p> <p>PE 6.7D Show good sportsmanship and show appropriate behavior by accepting decisions made by game officials such as student, teachers, and officials outside of school.</p> <p>PE. 6.7F Modify games/activities to allow for varying age groups and/or skill levels.</p> <p><u>Nutrition</u></p> <p>PE 6.4F Identify specific foods that contain protein, vitamins, and minerals including fruits, green leafy vegetables, and white meats as key elements to optimal body function.</p> <p>PE 6.4I Recognize that idealized images of the human body and performance as presented by the media may not be appropriate to imitate.</p> <p><u>Safety</u></p> <p>PE 6.5A Use equipment safely and properly during physical activity.</p> <p>PE 6.5B Select and use proper attire that promotes participation and prevents injury such as closed toed/heeled shoes with rubber soles, loose clothing, removal of jewelry and proper safety equipment when required.</p> <p>PE 6.5C Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as inclement weather (e.g., wind, cold, heat, ozone alerts, thunderstorms) and insects; and recommend prevention and treatment.</p> <p>PE 6.5D Identify potentially dangerous exercises including ballistic stretches and straight-leg sit-ups and explain their adverse effects on the body.</p> <p>PE 6.7C Practice following rules while engaging in sports/games including class rules and expectations.</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>Personal Fitness</p> <p>PE 6.1B Demonstrate and use relationships, levels, speed, direction, and pathways effectively in complex group and individual physical activities such as crouching low for volleyball digs, stretching high during lay-ups, positioning for a soccer pass, or passing ahead of a receiver.</p> <p>PE 6.1F Throw a variety of objects such as Frisbee, softball, and basketball demonstrating proper technique, accuracy, and distance.</p> <p>PE 6.1H Strike a ball using a golf club or a hockey stick consistently so it travels in an intended direction and height.</p> <p>PE 6.1I Demonstrate offensive techniques when hand or foot is dribbling including keeping the ball close to the body, turning back toward defender, and controlling the speed of the ball.</p> <p>PE 6.1K Perform offensive techniques when catching and throwing ball including always keep eye on the ball, bring ball close to body when catching, and control speed of ball.</p> <p>PE 6.2B Make changes based on feedback from teacher, peers, and using self- analysis to improve skills.</p> <p>PE 6.3A Identify opportunities in the school and community for regular participation in physical activity.</p> <p>PE 6.3B Participate in a variety of moderate to vigorous health-related physical activities on a regular basis such as during physical education class and/or at least 30 minutes three times per week.</p> <p>Conditioning</p> <p>PE 6.3A Identify opportunities in the school and community for regular participation in physical activity.</p> <p>PE 6.3B Participate in a variety of moderate to vigorous health-related physical activities on a regular basis such as during physical education class.</p> <p>PE 6.3C Use personal logs and group projects to monitor and chart progress toward personal health-related fitness goals.</p> <p>PE 6.4A Discuss the long-term benefits of participating in regular physical activity including better physical, mental, and social well-being.</p> <p>PE 6.4D Analyze effects of exercise on heart rate using manual pulse checking and recovery rates, heart rate monitors, include during warm-up and cool down.</p> <p>Recreational Games and Activities</p> <p>PE 6.1G Demonstrate when to use a forehand stroke or a backhand stroke using proper technique while striking a ball to a wall or a partner with a paddle/racquet.</p> <p>PE 6.2B Make changes based on feedback from teacher, peers, and using self- analysis to improve skills.</p> <p>PE 6.3A Identify opportunities in the school and community for regular participation in physical activity.</p> <p>PE. 6.3B Participate in a variety of moderate to vigorous health-related physical activities on a regular basis such as during physical education class and/or at least 30 minutes three times per week.</p>

Cycle 3	30 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>
	Nov. 15, 2021 - Jan. 14, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
		<p><u>Substance Abuse</u> PE 6.4G Recognize that the use and misuse of drugs and alcohol may increase or decrease performance in physical activity (over the counter, prescription, energy drinks). PE 6.4H Analyze ways outside influences affect decisions about care of the body such as alcohol and tobacco advertising and peer pressure.</p> <p><u>Nutrition</u> PE 6.4F Identify specific foods that contain protein, vitamins, and minerals including fruits, green leafy vegetables, and white meats as key elements to optimal body function. PE 6.4I Recognize that idealized images of the human body and performance as presented by the media may not be appropriate to imitate.</p> <p><u>Safety</u> PE 6.5A Use equipment safely and properly during physical activity. PE 6.5B Select and use proper attire that promotes participation and prevents injury such as closed toed/heeled shoes with rubber soles, loose clothing, removal of jewelry and proper safety equipment when required. PE 6.5C Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as inclement weather (e.g., wind, cold, heat, ozone alerts, thunderstorms) and insects; and recommend prevention and treatment. PE 6.5D Identify potentially dangerous exercises including ballistic stretches and straight-leg sit-ups and explain their adverse effects on the body. PE 6.7C Practice following rules while engaging in sports/games including class rules and expectations.</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 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>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> PE 6.1A Perform locomotor skills in dynamic fitness, sport, and rhythmic activities. PE 6.1D Move in time to complex rhythmical patterns such as 3/4 time or 6/8 time. PE 6.1E Design and perform an individual or group jump rope routine to music demonstrating rhythmic patterns. PE 6.2A Understand that listening to constructive instruction and practicing are required when learning skills. PE 6.2B Make changes based on feedback from teacher, peers, and using self-analysis to improve skills. PE 6.2C Select and participate in physical activities inside and outside of school including bicycling, swimming, jumping rope, walking, jogging, and dance. PE 6.3B Participate in a variety of moderate to vigorous health-related physical activities on a regular basis such as during physical education class and/or at least 30 minutes three times per week.</p> <p><u>Movement through Patterns: Square Dance, Aerobic Dance, Social Dance, Stepping, Modern, Classical, Tap</u> PE 6.1A Perform locomotor skills in dynamic fitness, sport, and rhythmic activities. PE 6.1D Move in time to complex rhythmical patterns such as 3/4 time and 6/8 time. PE 6.1E Design and perform an individual or group jump rope routine to music demonstrating rhythmic patterns. PE 6.2A Understand that listening to constructive instruction and practicing are required when learning skills. PE 6.2C Select and participate in physical activities inside and outside of school including bicycling, swimming, jumping rope, walking, jogging, and dance. PE 6.3B Participate in a variety of moderate to vigorous health-related physical activities on a regular basis such as during physical education class and/or at least 30 minutes three times per week.</p> <p><u>Nutrition</u> PE 6.4F Identify specific foods that contain protein, vitamins, and minerals including fruits, green leafy vegetables, and white meats as key elements to optimal body function. PE 6.4I Recognize that idealized images of the human body and performance as presented by the media may not be appropriate to imitate.</p>

Cycle 4	27 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>
	Jan.19 - Feb. 25, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
		<p><u>Safety</u></p> <p>PE 6.5B Select and use proper attire that promotes participation and prevents injury such as closed toed/heeled shoes with rubber soles, loose clothing, removal of jewelry and proper safety equipment when required.</p> <p>PE 6.5C Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as inclement weather (e.g., wind, cold, heat, ozone alerts, thunderstorms) and insects; and recommend prevention and treatment.</p> <p>PE 6.5D Identify potentially dangerous exercises including ballistic stretches and straight leg sit ups and explain their adverse effects on the body.</p> <p>PE 6.7A Create rules, procedures, and etiquette for simple game situation that are safe and effective.</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 Fitnessgram and sports where a student experiences an individual, highlighting learning the basics of the sport, form, rules, and sportsmanship.</p>	<p>13 class periods (90 min. each) or 26 class periods (45 min. each)</p> <p><i>Enrichment Opportunities</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><u>Fitness Testing</u></p> <p>PE 6.3A Identify opportunities in the school and community for regular participation in physical activity.</p> <p>PE 6.3B Participate in a variety of moderate to vigorous health-related physical activities on a regular basis such as during physical education class.</p> <p>PE 6.3C Use personal logs and group projects to monitor and chart progress toward personal health-related fitness goals.</p> <p>PE 6.3D Use technological tools such as the Fitness Gram, heart rate monitors, body mass index, pedometers, and blood pressure cuffs to measure and monitor personal fitness.</p> <p>PE 6.4E Identify each health-related fitness component and describe how participating in cardiovascular endurance, muscular strength and endurance, and flexibility actions impact personal fitness.</p> <p><u>Individual Sports</u></p> <p>PE 6.1A perform locomotor skills in dynamic fitness, sport, and rhythmic activities.</p> <p>PE 6.1B demonstrate and use relationships, levels, speed, direction, and pathways effectively in complex group and individual physical activities such as crouching low for volleyball digs, stretching high during lay-ups, positioning for a soccer pass, or passing ahead of a receiver.</p> <p>PE 6.1C demonstrate body positioning and proficiency to perform sequences that combine traveling, rolling, balancing, and weight transfer into smooth, flowing sequences.</p> <p>PE 6.1F throw a variety of objects such as Frisbee, softball, and basketball demonstrating proper technique, accuracy, and distance.</p> <p>PE 6.1G demonstrate when to use a forehand stroke or a backhand stroke using proper technique while striking a ball to a wall or a partner with a paddle/racquet.</p> <p>PE 6.1H strike a ball using a golf club or a hockey stick consistently so it travels in an intended direction and height.</p> <p>PE 6.2A Understand that listening to constructive instruction and practicing are required when learning skills.</p> <p>PE 6.2B Make changes based on feedback from teacher, peers, and using self-analysis to improve skills.</p> <p>PE 6.2C Select and participate in physical activities inside and outside of school including bicycling, swimming, jump rope, walking, jogging and dance.</p> <p>PE 6.3A Identify opportunities in the school and community for regular participation in physical activity.</p> <p>PE 6.3B Participate in a variety of moderate to vigorous health-related physical activities on a regular basis such as during physical education class and/or at least 30 minutes three times per week.</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><u>Nutrition</u> PE 6.4F Identify specific foods that contain protein, vitamins, and minerals including fruits, green leafy vegetables, and white meats as key elements to optimal body function. PE 6.4I Recognize that idealized images of the human body and performance as presented by the media may not be appropriate to imitate.</p> <p><u>Safety</u> PE 6.5A Use equipment safely and properly during physical activity. PE 6.5B Select and use proper attire that promotes participation and prevents injury such as closed toed/heeled shoes with rubber soles, loose clothing, removal of jewelry and proper safety equipment when required. PE 6.5C Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as inclement weather (e.g., wind, cold, heat, ozone alerts, thunderstorms) and insects; and recommend prevention and treatment. PE 6.5D Identify potentially dangerous exercises including ballistic stretches and straight-leg sit-ups and explain their adverse effects on the body. PE 6.7C Practice following rules while engaging in sports/games including class rules and expectations.</p>

Cycle 6	31 Days Apr. 25 - June 7, 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 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 6.2A Understand that listening to constructive instruction and practicing are required when learning skills. PE 6.2B Make changes based on feedback from teacher and peers using self- analysis to improve skills. PE 6.3A Identify opportunities in the school and community for regular participation in physical activity. PE 6.4A Discuss the long-term benefits of participating in regular physical activity including better physical, mental, and social well-being. PE 6.7C Practice following rules while engaging in sports/games including class rules and expectations. PE 6.7E Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice. PE 6.7F Modify games/activities to allow for varying age groups and/or skill levels.</p> <p><u>Land Navigation</u> PE 6.2A Understand that listening to constructive instruction and practicing are required when learning skills. PE 6.2B Make changes based on feedback from teacher and peers using self- analysis to improve skills. PE 6.3A Identify opportunities in the school and community for regular participation in physical activity. PE 6.4A Discuss the long-term benefits of participating in regular physical activity including better physical, mental, and social well-being. PE 6.7A Create rules, procedures, and etiquette for simple game situations that are safe and effective. PE 6.7C Practice following rules while engaging in sports/games including class rules and expectations. PE 6.7F Modify games/activities to allow for varying age groups and/or skill levels.</p> <p><u>Angler & Fish Activities</u> PE 6.2A Know that appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills PE 6.2B Make appropriate changes in performance based on feedback to improve skills. PE 6.3A Identify opportunities in the school and community for regular participation in physical activity. PE 6.7C Practice following rules while engaging in sports/games including class rules and expectations. PE 6.7E Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice. PE 6.7F Modify games/activities to allow for varying age groups and/or skill levels.</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><u>Challenge of Initiatives Games</u></p> <p>PE 6.2A Understand that listening to constructive instruction and practicing are required when learning skills.</p> <p>PE 6.2B Make changes based on feedback from teacher and peers using self- analysis to improve skills.</p> <p>PE 6.3A Identify opportunities in the school and community for regular participation in physical activity.</p> <p>PE 6.4A Discuss the long-term benefits of participating in regular physical activity including better physical, mental, and social well-being.</p> <p>PE 6.7A Create rules, procedures, and etiquette for simple game situations that are safe and effective.</p> <p>PE 6.7B Use good sportsmanship including being a good winner and/or loser. Responding with positive remarks towards others and sharing constructive criticism.</p> <p>PE 6.7C Practice following rules while engaging in sports/games including class rules and expectations.</p> <p>PE 6.7E Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice.</p> <p>PE 6.7F Modify games/activities to allow for varying age groups and/or skill levels.</p> <p><u>Nutrition</u></p> <p>PE 6.4F Identify specific foods that contain protein, vitamins, and minerals including fruits, green leafy vegetables, and white meats as key elements to optimal body function.</p> <p><u>Safety</u></p> <p>PE 6.5A Use equipment safely and properly during physical activity.</p> <p>PE 6.5B Select and use proper attire that promotes participation and prevents injury such as closed toed/heelled shoes with rubber soles, loose clothing, removal of jewelry and proper safety equipment when required.</p> <p>PE 6.5C Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as inclement weather (e.g., wind, cold, heat, ozone alerts, thunderstorms) and insects; and recommended prevention and treatment.</p> <p>PE 6.5E Explain water safety and basic rescue procedures.</p> <p>PE 6.7A Create rules, procedures, and etiquette for simple game situations that are safe and effective.</p> <p>PE 6.7B Use good sportsmanship including being a good winner and/or loser, responding with positive remarks towards others, and sharing constructive criticism.</p> <p>PE 6.7C Practice following rules while engaging in sports/games including class rules and expectations</p>