

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:
<b>Unit 1: Rules and Safety</b> In this unit, students will focus on rules and safety, while developing a consciousness of self in comparison to the body, relationships, and space. Students will focus on rules and safety procedures as they impact movement, physical activity, and positive social development.	<b>6</b> class periods 45-min. each	<b>PE.3.3A</b> Describe and select physical activities that provide for enjoyment and challenge. <b>PE.3.5A</b> Use equipment safely and properly. <b>PE.3.5B</b> Select and use proper attire that promotes participation and prevents injury such as wearing tennis shoes for physical activities and wearing helmets and protective padding when bicycling, in-line skating, and skateboarding. <b>PE.3.5C</b> Identify and apply safety precautions when walking, jogging, and skating in the community such as use sidewalks, walk on the left side of street when facing traffic, wear lights/reflective clothing, and be considerate of other pedestrians. <b>PE.3.5D</b> Identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cool-down activities. <b>PE.3.6B</b> Explain the importance of basic rules in games and activities. <b>PE.3.6A</b> Identify components of games that can be modified to make the games and participants more successful such as lowering the height of the volleyball net or basketball goal and decreasing the size of the playing area. <b>PE.3.6B</b> Explain the importance of basic rules in games and activities. <b>PE.3.7A</b> Follow rules, procedures, and etiquette. <b>PE.3.7C</b> Accept and respect the differences and similarities in physical abilities of self and others.
	<i>Enrichment Opportunities</i> Aug. 2-13  <i>Teachers Report to Work</i> Aug. 16  <i>Teacher Service Days</i> Aug. 16-17, Aug. 19-20  <i>Teacher Prep Day</i> (no students) Aug. 18  <i>Labor Day</i> Sept. 6  <i>Fall Holiday</i> Sept. 16  <i>Teacher Service Day</i> (no students) Sept. 17	

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: Rhythm, Dance and Mindfulness</b> This unit focuses on movement that teaches rhythmical patterns and performances, such as folk, square, aerobic dance, as well as social dancing which will enhance cultural diversity and promote social interaction. The practice of mindfulness will provide the students empowerment within themselves attaining increased self-awareness, development of self-regulation skills and self-control through brain boosting movements, breathing exercises, creative movements, mindfulness activities, and relaxation and visualization techniques.	<b>6</b> class periods 45-min. each	<b>PE.3.1D</b> Demonstrate moving in and out of a balanced position with control. <b>PE.3.1E</b> Demonstrate proper body alignment in lifting, carrying, pushing, and pulling. <b>PE.3.1F</b> Demonstrate control and appropriate form such as curled position and protection of neck in rolling activities such as forward roll, shoulder roll and safety roll. <b>PE.3.1G</b> Demonstrate the ability to transfer on and off equipment with good body control such as boxes, benches, stacked mats, horizontal bar, and balance beam. <b>PE.3.1H</b> Demonstrate the ability to clap echoes in a variety of one measure rhythmical patterns. <b>PE.3.1I</b> Demonstrate various step patterns and combinations of movement in repeatable sequences. <b>PE.3.4D</b> Identify principles of good posture and its impact on physical activity such as contributing to a good appearance and preventing fatigue. <b>PE.3.5D</b> Identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cool-down activities. <b>PE.3.7A</b> Follow rules, procedures, and etiquette. <b>PE.3.7B</b> Demonstrate the ability to persevere when not successful on the first try in learning movement skills. <b>PE.3.7C</b> Accept and respect the differences and similarities in physical abilities of self and others.
	<i>Teacher Service Day (no students) Oct. 4</i>	

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:
<b>Unit 3: Lead-Up Activities and Skills</b> In this unit, students will engage in lead-up activities that provide them with a variety of basic skills to be successful in a lifetime of physical activities. These skills will prepare them for sport-specific games as well. Students will learn how different body actions and simple gaming rules form activities.	<b>6</b> class periods 45-min. each	<p><b>PE.3.1B</b> Demonstrate proper form and smooth transitions during combinations of fundamental locomotor skills and body control skills such as running and jumping safely in dynamic situations.</p> <p><b>PE.3.1J</b> Demonstrate key elements in manipulative skills such as an underhand throw, overhand throw, catch, and kick such as position your side to the target.</p> <p><b>PE.3.2A</b> Identify similar positions in a variety of movements such as straddle positions, ready position, and bending knees to absorb force.</p> <p><b>PE.3.3B</b> Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.</p> <p><b>PE.3.4A</b> Describe the long-term effects of physical activity on the heart.</p> <p><b>PE.3.4C</b> Identify foods that increase bodily functions such as milk products, meats, eggs, tomatoes, and potatoes or reduce bodily functions such as sodas and candies.</p> <p><b>PE.3.6A</b> Identify components of games that can be modified to make the games and participants more successful such as lowering the height of the volleyball net or basketball goal and decreasing the size of the playing area.</p> <p><b>PE.3.6B</b> Explain the importance of basic rules in games and activities.</p> <p><b>PE.3.7A</b> Follow rules, procedures, and etiquette.</p> <p><b>PE.3.7C</b> Demonstrate the ability to accept and respect differences and similarities in physical abilities of self and others.</p>
	<i>Thanksgiving Break</i> Nov. 22-26  <i>Enrichment Opportunities</i> Dec. 20-21  <i>Winter Break</i> Dec. 20-31  <i>MLK Jr. Day</i> Jan. 17  <i>Teacher Prep Day</i> (no students) Jan. 18	

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:
<b>Unit 4: Introduction into Individual and Team Sports</b> In this unit, students will focus skills which include tossing, catching, kicking, trapping, dribbling and striking, as well as age appropriate fundamentals of individual and team sports.	<b>6</b> class periods 45-min. each	<b>PE.3.1A</b> Travel forward, sideways, and backwards and change direction quickly and safely in dynamic situations. <b>PE.3.1B</b> Demonstrate proper form and smooth transitions during combinations of fundamental locomotor skills and body control skills such as running and jumping safely in dynamic situations. <b>PE.3.1C</b> Demonstrate the correct body mechanics in jogging, running, and leaping. <b>PE.3.2A</b> Identify similar positions in a variety of movements such as straddle position, ready position, and bending knees to absorb force. <b>PE.3.2B</b> Recognize that practice, attention, and effort are required to improve skills. <b>PE.3.1J</b> Demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch, and kick such as position your side to the target. <b>PE.3.3B</b> Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration. <b>PE.3.4B</b> Distinguish between aerobic and anaerobic activities. <b>PE.3.4C</b> Identify foods that increase bodily functions such as milk products, meats, eggs, tomatoes, and potatoes or reduce bodily functions such as sodas and candies. <b>PE.3.5A</b> Use equipment safely and properly. <b>PE.3.5D</b> Identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cool-down activities. <b>PE.3.6A</b> Identify components of games that can be modified to make the games and participants more successful such as lowering the height of the volleyball net or basketball goal and decreasing the size of the playing area. <b>PE.3.6B</b> Explain the importance of basic rules in games and activities. <b>PE.3.7A</b> Follow rules, procedures, and etiquette. <b>PE.3.7C</b> Accept and respect the differences and similarities in physical abilities of self and others.
	<i>Enrichment Opportunities</i> <i>Mar. 14-16</i>  <i>Spring Break</i> <i>Mar. 14-18</i>  <i>Chávez-Huerta Day</i> <i>Mar. 28</i>  <i>Spring Holiday</i> <i>Apr. 15</i>	

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:
<b>Unit 5: Fitness Assessment</b> In this unit, students will demonstrate fitness skills and learn the benefits of daily exercise. Students will be able to recognize how fitness may positively impact motor development, wellness, and social development. Students will participate in fitness lessons that prepare their bodies for daily life challenges.	<b>6</b> class periods 45-min. each	<b>PE.3.1C</b> Demonstrate the correct body mechanics in jogging, running, and leaping. <b>PE.3.1D</b> Demonstrate moving in and out of a balanced position with control. <b>PE.3.1E</b> Demonstrate proper body alignment in lifting, carrying, pushing, and pulling. <b>PE.3.1F</b> Demonstrate control and appropriate form such as curled position and protection of neck in rolling activities such as forward roll, shoulder roll and safety roll. <b>PE.3.3A</b> Describe and select physical activities that provide for enjoyment and challenge. <b>PE.3.3C</b> Participate in appropriate exercises for developing flexibility such as side stretch, cross-chest stretch, triceps stretch, hip stretch, quad stretch, long sit stretch, hamstring stretch, calf stretch. <b>PE.3.3D</b> Lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as bear walk, crab walk, rabbit jump, push-ups, arm-circles, biceps curls, curl-ups, knee to chest curls, overhead press, calf raises, lunges, hanging, hopping, and jumping. <b>PE.3.4A</b> Describe the long-term effects of physical activity on the heart such as strengthening one's heart and carrying more oxygen and nutrients to one's body cells. <b>PE.3.4B</b> Distinguish between aerobic and anaerobic activities. <b>PE.3.4D</b> Identify principles of good posture and its impact on physical activity such as contributing to a good appearance and preventing fatigue. <b>PE.3.5D</b> Identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cool-down activities. <b>PE.3.7A</b> Follow rules, procedures, and etiquette. <b>PE.3.7B</b> Demonstrate the ability to persevere when not successful on the first try in learning movement skills. <b>PE.3.7C</b> Accept and respect the differences and similarities in physical abilities of self and others.
	<i>Teacher Service Day/Presidents' Day</i> <i>(no students)</i> <i>Feb. 21</i>	

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: Recreational Games and Outdoor Activities</b></p> <p>In this unit, students will practice recreational games and activities that may be played at home or in a community setting. Recreational activities will provide students with options on how to utilize free time in a positive manner. Students will be able to identify how recreational activities can be used as a positive outlet for energy expenditure. Students will demonstrate skills of being a responsible and respectful peer in school and the community.</p> <p>Students will learn water safety, sun safety and summer fitness.</p>	<p><b>6</b> class periods 45-min. each</p> <p><i>Memorial Day May 30</i></p> <p><i>Teacher Prep Day (no students) June 8</i></p>	<p><b>PE.3.1C</b> Demonstrate the correct body mechanics in jogging, running, and leaping.</p> <p><b>PE.3.1D</b> Demonstrate moving in and out of a balanced position with control.</p> <p><b>PE.3.1E</b> Demonstrate proper body alignment in lifting, carrying, pushing, and pulling.</p> <p><b>PE.3.1F</b> Demonstrate control and appropriate form such as curled position and protection of neck in rolling activities such as forward roll, shoulder roll and safety roll.</p> <p><b>PE.3.3A</b> Describe and select physical activities that provide for enjoyment and challenge.</p> <p><b>PE.3.3C</b> Participate in appropriate exercises for developing flexibility such as side stretch, cross-chest stretch, triceps stretch, hip stretch, quad stretch, long sit stretch, hamstring stretch, calf stretch.</p> <p><b>PE.3.3D</b> Lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as bear walk, crab walk, rabbit jump, push-ups, arm-circles, biceps curls, curl-ups, knee to chest curls, overhead press, calf raises, lunges, hanging, hopping, and jumping.</p> <p><b>PE.3.4A</b> Describe the long-term effects of physical activity on the heart such as strengthening one's heart and carrying more oxygen and nutrients to one's body cells.</p> <p><b>PE.3.4B</b> Distinguish between aerobic and anaerobic activities.</p> <p><b>PE.3.4D</b> Identify principles of good posture and its impact on physical activity such as contributing to a good appearance and preventing fatigue.</p> <p><b>PE.3.5D</b> Identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cool-down activities.</p> <p><b>PE.3.7A</b> Follow rules, procedures, and etiquette.</p> <p><b>PE.3.7B</b> Demonstrate the ability to persevere when not successful on the first try in learning movement skills.</p> <p><b>PE.3.7C</b> Accept and respect the differences and similarities in physical abilities of self and others.</p>