

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:
Unit 1: Rules and Safety 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.	6 class periods 45-min. each	PE.2.1A Travel independently in a large group while safely and quickly changing speed and direction without bumping or falling into others. PE.2.1D Demonstrate correct body mechanics in walking, hopping, and skipping PE.2.2A Recognize that attention to the feeling of movement is important in motor skill development. PE.2.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration. PE.2.3C Participate in appropriate exercises for flexibility in shoulders, legs, and trunk such as roll the shoulders, arm circles, reach for the stars, dangle to the toes, twist at the trunk, lean to the side, bend and straighten the knees. PE.2.3D Demonstrate the ability to lift and support his/her body weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping. PE.2.4A Identify how regular physical activity strengthens the heart, lungs, and muscular system. PE.2.5A Use equipment and space safely and properly during physical activities. PE.2.5B Select and use appropriate protective equipment in preventing injuries such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing. PE.2.7A Display good sportsmanship in physical activities such as encouraging a teammate, playing fair and acknowledging good plays made by others. PE.2.7B Show respect for the worth and dignity of others during play and physical activities such as taking turns. PE.2.5F Describe and demonstrate appropriate reactions to emergency situations common to physical activity settings such as universal safety precautions and dialing 911.
	<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:
Unit 2: Rhythm, Dance and Mindfulness 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.	6 class periods 45-min. each	PE.2.1C Create and combine body shapes (e.g., straight, curved, twisted, angular, symmetrical, asymmetrical) levels (e.g., low, medium, high) and pathways (e.g., straight, curved, zigzag, circular, geometric shapes) into simple sequences such as performing a variety of animal movements and simple stunts. PE.2.1G Demonstrate simple stunts such as leapfrogs, and heel clicks that exhibit personal agility such as jumping one- and two-foot takeoffs and landing with good control. PE.2.1H Demonstrate smooth transition from one body part to the next in rolling activities such as side roll, log roll, balance/curl, and roll/balance in a new position. PE.2.2B Identify similar movement concepts and terms in a variety of skills such as straddle position, ready position, and bending knees to absorb force. PE.2.1K Demonstrate the ability to walk in time to a 4/4 underlying beat. PE.2.1L Perform rhythmical sequences such as simple folk, creative, and ribbon routines. PE.2.4A Identify how regular physical activity strengthens the heart, lungs, and muscular system. PE.2.4B Describe how the blood carries oxygen and nutrients through the body. PE.2.4C Identify and select foods that enhance a healthy heart such as vegetables and fruit. PE.2.4D Explain the need for foods as a source of nutrients that provide energy for physical activity. PE.2.7A Display good sportsmanship in physical activities such as encouraging a teammate, playing fair and acknowledging good plays made by others. PE.2.7B Show respect for the worth and dignity of others during play and physical activities such as taking turns.
	<i>Teacher Service Day (no students)</i> Oct. 4	

Cycle 3	30 Days	
	Nov. 15, 2021 - Jan. 14, 2022	
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Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<p>Unit 3: Lead-Up Activities and Skills 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.</p>	<p>6 class periods 45-min. each</p> <p><i>Thanksgiving Break Nov. 22-26</i></p> <p><i>Enrichment Opportunities Dec. 20-21</i></p> <p><i>Winter Break Dec. 20-31</i></p> <p><i>MLK Jr. Day Jan. 17</i></p> <p><i>Teacher Prep Day (no students) Jan. 18</i></p>	<p>PE.2.1C Create and combine body shapes (e.g., straight, curved, twisted, angular, symmetrical, asymmetrical) levels (e.g., low, medium, high) and pathways (e.g., straight, curved, zigzag, circular, geometric shapes) into simple sequences such as performing a variety of animal movements and simple stunts.</p> <p>PE.2.1D Demonstrate correct body mechanics in walking, hopping, and skipping.</p> <p>PE.2.1F Demonstrate a variety of relationships in dynamic movement situations such as under, over, behind, next to, through, right, left, up, or down.</p> <p>PE.2.1G Demonstrate simple stunts such as leapfrogs, and heel clicks that exhibit personal agility such as jumping one- and two-foot takeoffs and landing with good control.</p> <p>PE.2.1H Demonstrate smooth transition from one body part to the next in rolling activities such as side roll, log roll, balance/curl, and roll/balance in a new position.</p> <p>PE.2.4A Identify how regular physical activity strengthens the heart, lungs, and muscular system.</p> <p>PE.2.4B Describe how the blood carries oxygen and nutrients through the body.</p> <p>PE.2.4C Identify and select foods that enhance a healthy heart such as vegetables and fruit.</p> <p>PE.2.4D Explain the need for foods as a source of nutrients that provide energy for physical activity.</p> <p>PE.2.6A Identify goals to be accomplished during simple games such as not getting tagged.</p> <p>PE.2.7A Display good sportsmanship in physical activities such as encouraging a teammate, playing fair and acknowledging good plays made by others.</p> <p>PE.2.7B Show respect for the worth and dignity of others during play and physical activities such as taking turns.</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:
Unit 4: Introduction into Individual and Team Sports 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.	6 class periods 45-min. each	PE.2.1A Travel independently in a large group while safely and quickly changing speed and direction without bumping or falling into others. PE.2.1D Demonstrate correct body mechanics in walking, hopping, and skipping. PE.2.1F Demonstrate a variety of relationships in dynamic movement situations such as under, over, behind, next to, through, right, left, up, or down. PE.2.1G Demonstrate simple stunts such as leapfrogs, and heel clicks that exhibit personal agility such as jumping one- and two-foot takeoffs and landing with good control. PE.2.1I Demonstrate control weight transfers such as feet to hands with controlled landing and feet to back. PE.2.2B Identify similar movement concepts and terms in a variety of skills such as straddle position, ready position, and bending knees to absorb force. PE.2.3D Demonstrate the ability to lift and support his/her body weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping. PE.2.5B Select and use appropriate protective equipment in preventing injuries such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing. PE.2.6B Identify strategies in simple games and activities such as dodging to avoid being tagged. PE.2.7A Display good sportsmanship in physical activities such as encouraging a teammate, playing fair and acknowledging good plays made by 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:
Unit 5: Fitness Assessment 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.	6 class periods 45-min. each	PE.2.2A Recognize that attention to the feeling of movement is important in motor skill development. PE.2.3A Describe and select physical activities that provide opportunities for enjoyment and challenge. PE.2.5A Use equipment and space safely and properly during physical activities. PE.2.1E Demonstrate balance in symmetrical (e.g., V-seat) and non-symmetrical (e.g., balancing on one leg) body shapes from different bases of support. PE.2.1J Demonstrate the ability to mirror a partner such as following the leader and partner copy activity. PE.2.1L Perform rhythmical sequences such as simple folk, creative, and ribbon routines. PE.2.1N Demonstrate on cue key elements of hand dribble, foot dribble, kick and strike such as striking balloon or ball with hand. PE.2.4A Identify how regular physical activity strengthens the heart, lungs, and muscular system. PE.2.4B Describe how the blood carries oxygen and nutrients through the body. PE.2.4C Identify and select foods that enhance a healthy heart such as vegetables and fruit. PE.2.4D Explain the need for foods as a source of nutrients that provide energy for physical activity. PE.2.4E Describe the negative effects of smoking on the lungs and the ability to exercise such as reducing the amount of oxygen in the bloodstream and increasing heart rate because the heart must work harder to get oxygen to the rest of the body. PE.2.6A Identify goals to be accomplished during simple games such as not getting tagged. PE.2.6B Identify strategies in simple games and activities such as dodging to avoid being tagged. PE.2.7A Display good sportsmanship in physical activities such as encouraging a teammate, playing fair and acknowledging good plays made by others. PE.2.7B Show respect for the worth and dignity of others during play and physical activities such as taking turns.
	<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>Unit 6: Recreational Games and Outdoor Activities</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>6 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>PE.2.1I Demonstrate control weight transfers such as feet to hands with controlled landing and feet to back.</p> <p>PE.2.1M Demonstrate the ability to jump a self-turned rope repeatedly.</p> <p>PE.2.5E Identify safe cycling and road practices such as obeying all traffic signs and signals, riding near the curb, and going in the same direction as other traffic.</p> <p>PE.2.5A Use equipment and space safely and properly during physical activities.</p> <p>PE.2.4D Explain the need for foods as a source of nutrients that provide energy for physical activity.</p> <p>PE.2.4F Recognize and describe the need for rest and sleep in caring for the body such as feeling better and enjoying life.</p> <p>PE.2.5C Identify the effects the sun has on the body and describe protective measures such as sunscreen, hat, and long sleeves.</p> <p>PE.2.5D Identify water safety rules such as do not swim alone, stay away from the edge, and use a personal floatation device, and describe their importance.</p> <p>PE.2.6A Identify goals to be accomplished during simple games such as not getting tagged.</p> <p>PE.2.6B Identify strategies in simple games and activities such as dodging to avoid being tagged.</p> <p>PE.2.7A Display good sportsmanship in physical activities such as encouraging a teammate, playing fair and acknowledging good plays made by others.</p> <p>PE.2.7B Show respect for the worth and dignity of others during play and physical activities such as taking turns.</p>