

Cycle 1	38 Days		The recommended number of lessons 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. 26 – Oct. 18, 2019		
Unit	Number of Lessons	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
<p><u>Unit 1: Rules and Safety</u> In this unit, students will focus on rules and safety and develop 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 social development.</p>	<p>9 45-minute lessons</p> <p>Suggested Pacing: Aug. 26 – Oct. 11</p> <p><i>Labor Day</i> Sept. 2</p> <p><i>Fall Holiday</i> Oct. 9 (students only)</p> <p><i>Early Dismissals</i> Sept. 27 Oct. 18</p> <p>Extend Review Assess Reteach Oct. 14-18</p>	<p>Rules and Safety in Movement Students will be introduced to and practice rules and safety procedures to prevent injury in a safe and secure learning environment while developing individual and group motor skill.</p> <p>PE.K.1A Move in different ways in a large group within and around boundaries without bumping into others or falling. PE.K.1B Demonstrate clear contrasts between slow and fast movements when traveling. PE.K.1C Perform non-locomotor (axial) movements such as twisting, bending, stretching, pulling, and pushing. PE.K.1D Maintain balance while bearing weight on a variety of body parts. PE.K.7A Demonstrate the ability to follow rules, procedures, and safe practices such as starting and stopping signals during physical activities.</p> <p>Rules and Safety in Physical Activity and Health Student will learn basic rules and safety procedures that promote physical activity, proper nutrition, and rest.</p> <p>PE.K.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration. PE.K.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.K.3D Demonstrate the ability to 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 hanging, hopping, and jumping. PE.K.3E Recognize the benefits from involvement in daily physical activity such as feeling better, sleeping better, looking good, enjoying life, and meeting emergencies. PE.K.4A Observe and describe the immediate effect of physical activity on the heart, breathing rate, and perspiration. PE.K.4C State that rest and sleep are important in caring for the body. PE.K.5B State and apply safety practices associated with physical activity such as not pushing in line and drinking water during activity. PE.K.5E State and demonstrate appropriate reactions during emergencies in physical activities such as asking a teacher for help and finding an adult.</p> <p>Rules and Safety in Social Development Students will engage in appropriate interaction among peers and adults in a variety of situations.</p> <p>PE.K.6A Respond appropriately to starting and stopping signals. PE.K.6B Demonstrate the ability to play within boundaries during games and activities. PE.K.7A Demonstrate the ability to follow rules, procedures, and safe practices such as starting and stopping signals during physical activities. PE.K.7B Demonstrate the ability to work in a group setting in cooperation with others.</p>	

Cycle 2	39 Days		The recommended number of lessons 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. 21 – Dec. 19, 2019		
Unit	Number of Lessons	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
<p>Unit 2: Lead-Up Activities</p> <p>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>9</p> <p>45-minute lessons</p> <p>Suggested Pacing: Oct. 21 – Dec. 13</p> <p><i>Early Dismissal</i> Nov. 8</p> <p><i>Thanksgiving Holiday</i> Nov. 25-29</p> <p>Extend Review Assess Reteach Dec. 16-19</p> <p><i>Teacher Preparation Day</i> Dec. 20</p> <p><i>Winter Break</i> Dec. 23 – Jan. 3</p>	<p>Lead-Up Activities in Movement</p> <p>Students will be introduced to a variety of lead up activities that focus both on individual and group motor development.</p> <p>PE.K.2A Identify selected body parts such as head, back, chest, waist, hips, arms, elbows, wrists, hands, fingers, legs, knees, ankles, feet, and toes.</p> <p>PE.K.2B Demonstrate movement forms of various body parts such as head flexion, extension, and rotation.</p> <p>PE.K.1F Demonstrate variety relationships such as high, low, under, over, behind, next to, through, right, left, up, down, forward, backward, in front of, and between an object and the body.</p> <p>PE.K.1G Roll sideways (right or left) without hesitating.</p> <p>PE.K.1H Toss a ball and catch it before it bounces twice.</p> <p>Lead-Up Activities in Physical Activity and Health</p> <p>Students will actively participate in lead-up activities that focus on the importance of practicing skills for success in sport specific games and learn the effects of physical activity on the body.</p> <p>PE.K.3A Describe and select physical activities that provide opportunities for enjoyment and challenge.</p> <p>PE.K.4A Observe and describe the immediate effect of physical activity on the heart, breathing rate, and perspiration.</p> <p>PE.K.4B Locate the lungs and explain their purpose.</p> <p>PE.K.4C State that rest and sleep are important in caring for the body.</p> <p>PE.K.5C Explain how proper shoes and clothing promotes safe play and prevent injury.</p> <p>Lead-Up Activities in Social Development</p> <p>Students will have the opportunity to use fundamental lead-up skills in competitions to practice social skills through gaming interactions among peers.</p> <p>PE.K.6A Respond appropriately to starting and stopping signals.</p> <p>PE.K.6B Demonstrate the ability to play within boundaries during games and activities.</p> <p>PE.K.7A Demonstrate the ability to follow rules, procedures, and safe practices such as starting and stopping signals during physical activities.</p> <p>PE.K.7C Demonstrate the ability to share space and equipment with others during physical activities.</p>	

Cycle 3	49 Days		The recommended number of lessons 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. 6 – Mar. 13, 2020		
Unit	Number of Lessons	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
<p><u>Unit 3: Fitness Assessment</u> 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.</p> <p>Students will participate in fitness lessons that prepare their bodies for daily life challenges.</p>	<p>9 45-minute lessons</p> <p>Suggested Pacing: Jan. 6 – Mar. 6</p> <p><i>MLK Jr. Day</i> <i>Jan. 20</i></p> <p><i>Early Dismissals</i> <i>Jan. 17</i> <i>Feb. 14</i></p> <p>Extend Review Assess Reteach Mar. 9-13</p> <p><i>Spring Break</i> <i>Mar. 16-20</i></p>	<p>Fitness and Assessment in Movement Students will be introduced to basic movement instruction that supports conditioning for overall fitness development.</p> <p>PE.K.1B Demonstrate clear contrasts between slow and fast movement when traveling.</p> <p>PE.K.1C Perform non-locomotor (axial) movements such as twisting, bending, stretching, pulling, and pushing.</p> <p>PE.K.1F Demonstrate variety relationships such as high, low, under, over, behind, next to, through, right, left, up, down, forward, backward, in front of, and between an object and the body.</p> <p>PE.K.2A Identify selected body parts such as head, back, chest, waist, hips, arms, elbows, wrists, hands, fingers, legs, knees, ankles, feet, and toes.</p> <p>PE.K.2B Demonstrate movement forms of various body parts such as head flexion, extension, and rotation.</p> <p>Fitness and Assessment in Physical Activity and Health Students will participate in introductory activities that increase knowledge of proper nutrition, rest, and exercise as related to fitness.</p> <p>PE.K.3A Describe and select physical activities that provide opportunities for enjoyment and challenge.</p> <p>PE.K.3E Recognize the benefits from involvement in daily physical activity such as feeling better, sleeping better, looking good, enjoying life, and meeting emergencies.</p> <p>PE.K.4A Observe and describe the immediate effect of physical activity on the heart, breathing rate, and perspiration.</p> <p>PE.K.5A Use equipment and space properly during physical activities.</p> <p>Fitness and Assessment in Social Development Students will demonstrate their ability to work with others and share space during physical fitness activities.</p> <p>PE.K.6A Respond appropriately to starting and stopping signals.</p> <p>PE.K.6B Demonstrate the ability to play within boundaries during games and activities.</p> <p>PE.K.7B Demonstrate the ability to work in a group setting in cooperation with others.</p> <p>PE.K.7C Demonstrate the ability to share space and equipment with others during physical activities.</p>	

Cycle 4	47 Days		The recommended number of lessons 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.
	Mar. 23 – May 29, 2020		
Unit	Number of Lessons	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
<p>Unit 4: <u>Recreational Sports/Activities</u> In this unit, students will practice recreational sports and activities that may be played at home or in a community setting. Recreational sports/activities provide students with options on how to utilize free time in a positive manner. Students will be able to identify how recreational activity 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>9 45-minute lessons</p> <p>Suggested Pacing: Mar. 18 – May 22</p> <p><i>Spring Holiday</i> <i>Apr. 10</i></p> <p><i>Memorial Day</i> <i>May 25</i></p> <p>Extend Review Assess Reteach May 26-29</p>	<p>Recreational Sports/Activities in Movement Students will be introduced to a myriad of activities that impact different sports such as basketball, soccer, and dance. PE.K.1A Move in different ways in a large group within and around boundaries without bumping into others or falling. PE.K.1B Demonstrate clear contrasts between slow and fast movement when traveling. PE.K.1C Perform non-locomotor (axial) movements such as twisting, bending, stretching, pulling, and pushing. PE.K.1D Maintain balance while bearing weight on a variety of body parts. PE.K.1H Toss a ball and catch it before it bounces twice. PE.K.1E Walk forward and sideways the length of a beam without falling.</p> <p>Recreational Sports in Physical Activity and Health Students will be introduced to sun and water safety skills and review wellness tips and injury prevention that will assist with making healthy decisions when participating in recreational activities. PE.K.3A Describe and select physical activities that provide opportunities for enjoyment and challenge. PE.K.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration. PE.K.3E Recognize the benefits from involvement in daily physical activity such as feeling better, sleeping better, looking good, enjoying life, and meeting emergencies. PE.K.4C State that rest and sleep are important in caring for the body. PE.K.5A Use equipment and space properly during physical activities. PE.K.5D Explain appropriate water safety rules such as never swim alone, never run around pools, look before you jump, enter feet first, and know the role of the lifeguard.</p> <p>Recreational Sports in Social Development Students will participate in activities that build positive recreational choices in the school community setting. PE.K.6B Demonstrate the ability to play within boundaries during games and activities. PE.K.7A Demonstrate the ability to follow rules, procedures, and safe practices such as starting and stopping signals during physical activities. PE.K.7C Demonstrate the ability to share space and equipment with others during physical activities.</p>	