

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.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.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. 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. PE.K.7C Demonstrate the ability to share space and equipment with others during physical activities.
	<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 rhythmic 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.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.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. PE.K.4A Observe and describe the immediate effect of physical activity on the heart, breathing rate, and perspiration. PE.K.4B Locate the lungs and explain their purpose. 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.6A Respond appropriately to starting and stopping signals. 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. PE.K.7C Demonstrate the ability to share space and equipment with others during physical activities.
	<i>Teacher Service Day (no students) Oct. 4</i>	

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:
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.	6 class periods 45-min. each	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. PE.K.1G Roll sideways (right or left) without hesitating. PE.K.1H Toss a ball and catch it before it bounces twice. 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. PE.K.2B Demonstrate movement forms of various body parts such as head flexion, extension, and rotation. PE.K.3A Describe and select physical activities that provide opportunities for enjoyment and challenge. PE.K.4A Observe and describe the immediate effect of physical activity on the heart, breathing rate, and perspiration. PE.K.4B Locate the lungs and explain their purpose. PE.K.4C State that rest and sleep are important in caring for the body. PE.K.5C Explain how proper shoes and clothing promotes safe play and prevents injury. 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.7C Demonstrate the ability to share space and equipment with others during physical activities.
	<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:
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.PK.1D Demonstrate the ability to move from one space to another in different ways such as moving from a line to a circle formation walking, crawling, rolling, running, jumping and hopping. PE.K.1H Toss a ball and catch it before it bounces twice. PE.PK.2A Demonstrate the ability to throw or kick an object in a particular direction. PE.PK.2C Demonstrate the ability to bounce a large ball and catch it back. PE.K.3A Describe and select physical activities that provide opportunities for enjoyment and challenge. PE.PK.4B Express interests and self-direction in learning. 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. 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.7B Demonstrate the ability to work in a group setting in cooperation with others. PE.K.7C Demonstrate the ability to share space and equipment with others during physical activities.
	<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.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.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. 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. PE.K.2B Demonstrate movement forms of various body parts such as head flexion, extension, and rotation. PE.K.3A Describe and select physical activities that provide opportunities for enjoyment and challenge. 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.5A Use equipment and space properly during physical activities. 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.7B Demonstrate the ability to work in a group setting in cooperation with others. PE.K.7C Demonstrate the ability to share space and equipment with others during physical activities.
	<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.K.1A Move in different ways in a large group within and around boundaries without bumping into others or falling.</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.1D Maintain balance while bearing weight on a variety of body parts.</p> <p>PE.K.1H Toss a ball and catch it before it bounces twice.</p> <p>PE.K.1E Walk forward and sideways the length of a beam without falling.</p> <p>PE.K.3A Describe and select physical activities that provide opportunities for enjoyment and challenge.</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</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.4C State that rest and sleep are important in caring for the body.</p> <p>PE.K.5A Use equipment and space properly during physical activities.</p> <p>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>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>