

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 describe and apply rules and safety procedures to movement, physical activity, health, and social development. Students will perform different movement skills demonstrating the correct body mechanics. Students will learn how to use equipment properly to prevent injury to self and others during physical activity. Students will learn sportsmanship skills to effectively communicate with teammates and opponents.</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 help formulate rules and safety procedures to prevent injury in a safe and secure learning environment while developing individual and group motor skill.</p> <p>PE.5.1B Demonstrate smooth combinations of fundamental locomotor skills such as running and dodging and hop-step-jump. PE.5.5A Use equipment safely and properly. PE.5.7C Describe how physical activity with a partner or partners can increase motivation and enhance safety.</p> <p>PE.5.1A Demonstrate appropriate use of levels in dynamic movement situations such as jumping high for a rebound and bending knees and lowering center of gravity when guarding an opponent. PE.5.1C Demonstrate attention to form, power, accuracy, and follow-through in performing movement skills. PE.5.1E Demonstrate simple stunts that exhibit agility such as jumping challenges with proper landing. PE.5.1D Demonstrate controlled balance on a variety of objects such as balance board, stilts, scooters, and skates.</p> <p>Rules and Safety in Physical Activity and Health Student will plan rules and safety procedures that promote physical activity, proper nutrition, and rest. PE.5.5A Use equipment safely and properly. PE.5.5B Select and use proper attire that promotes participation and prevents injury. PE.5.5C Describe the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing injuries during physical activity. PE.5.5D Identify potentially dangerous exercises and their adverse effects on the body.</p> <p>Rules and Safety in Social Development Students will engage in and evaluate appropriate interaction among peers and adults in a variety of situations. PE.5.6A Describe fundamental components and strategies used in net/wall, invasion, target, and fielding games such as basic positions-goalie, offense, or defense. PE.5.6B Explain the concept and importance of teamwork. PE.5.7A Follow rules, procedures, and etiquette. PE.5.7B Use sportsmanship skills for settling disagreements in socially acceptable ways such as remaining calm, identifying the problem, listening to others, generating solutions, or choosing a solution that is acceptable to all.</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 Students will engage in lead-up activities that prepare students for physical activity and sport-specific games. Many skills performed during lead-up and physical activities can be used in multiple combinations in different activities. Students will learn how nutrition, alcohol, and other drugs can affect physical activity and their personal health. Students will also learn fundamental strategies for offense and defense, as well as sportsmanship skills for teammates and opponents.</p>	<p>9 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 Students will design and demonstrate to a variety of lead up activities that focus both on individual and group motor development. PE.5.6A Describe fundamental components and strategies used in net/wall, invasion, target, and fielding games such as basic positions-goalie, offense, or defense. PE.5.6B Explain the concept and importance of teamwork. PE.5.7A Follow rules, procedures, and etiquette. PE.5.7B Use sportsmanship skills for settling disagreements in socially acceptable ways such as remaining calm, identifying the problem, listening to others, generating solutions, or choosing a solution that is acceptable to all. PE.5.1F combine traveling and rolling with smooth transition. PE.5.1G combine weight transfer and balance on mats and equipment.</p> <p>Lead-Up Activities in Physical Activity and Health Students will actively participate and evaluate 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. PE.5.4F Identify the relationship between optimal body function and a healthy eating plan such as eating a variety of foods in moderation according to US dietary guidelines. PE.5.4G Describe common skeletal problems and their effect on the body such as spinal curvatures. PE.5.4H Describe the changes that occur in the cardiorespiratory system as a result of smoking and how those changes affect the ability to perform physical activity. PE.5.4I Describe how movement and coordination are affected by alcohol and other drugs.</p> <p>Lead-Up Activities in Social Development Students will create and utilize strategies and fundamental lead-up skills and practice sportsmanship skills. PE.5.6A Describe fundamental components and strategies used in net/wall, invasion, target, and fielding games such as basic positions-goalie, offense, or defense. PE.5.6B Explain the concept and importance of teamwork. PE.5.7A Follow rules, procedures, and etiquette. PE.5.7B Use sportsmanship skills for settling disagreements in socially acceptable ways such as remaining calm, identifying the problem, listening to others, generating solutions, or choosing a solution that is acceptable to all.</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 participate in moderate to vigorous physical activity on a daily basis to strengthen health-related fitness skills, such as cardiovascular fitness, muscular strength and endurance, and flexibility. Students will learn the benefits of participating in daily physical activity. Students will be able to explain how fitness assessments may positively impact motor development, health and wellness, and social development. Students will actively participate in fitness activities to prepare for daily life challenges, as well as the annual fitness assessment.</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 apply and plan basic movement patterns that supports conditioning for overall fitness development and assessment.</p> <p>PE.5.2A Identify common phases such as preparation, movement, follow through or recoveries in a variety of movement skills such as tennis-serve, handstand, and free throw.</p> <p>PE.5.3A Participate in moderate to vigorous physical activities on a daily basis that develop health-related fitness.</p> <p>PE.5.4A Relate ways aerobic exercise strengthens and improves the efficiency of the heart and lungs.</p> <p>PE.5.7A Follow rules, procedures, and etiquette.</p> <p>PE.5.1J Jump rope using various rhythms and foot patterns repeatedly.</p> <p>PE.5.1K Demonstrate competence in manipulative skills in dynamic situations such as overhand throw, catch, shooting, hand dribble, foot dribble, kick, and striking activities such as hitting a softball.</p> <p>PE.5.1L Demonstrate combination of locomotor and manipulative skills in complex and/or game-like situations such as pivoting and throwing, twisting and striking, and running and catching.</p> <p>PE.5.1H Demonstrate the ability to contrast a partner’s movement.</p> <p>Part 2: Fitness and Assessment in Physical Activity and Health Students will design and participate in activities that increase knowledge of proper nutrition, rest, and exercise as related to health and wellness.</p> <p>PE.5.4A Relate ways aerobic exercise strengthens and improves the efficiency of the heart and lungs.</p> <p>PE.5.4B Self-monitor the heart rate during exercise.</p> <p>PE.5.4C Match different types of physical activity with health-related fitness components.</p> <p>PE.5.4D Define the principle of frequency, intensity, and time and describe how to incorporate these principles to improve fitness.</p> <p>PE.5.3B Identify appropriate personal fitness goals in each of the components of health-related fitness.</p> <p>Fitness and Assessment in Social Development Students will demonstrate and evaluate their ability to work with others and share space during physical fitness activities.</p> <p>PE.5.6A Describe fundamental components and strategies used in net/wall, invasion, target, and fielding games such as basic positions-goalie, offense, or defense.</p> <p>PE.5.6B Explain the concept and importance of teamwork.</p> <p>PE.5.7A Follow rules, procedures, and etiquette.</p> <p>PE.5.7B Use sportsmanship skills for settling disagreements in socially acceptable ways such as remaining calm, identifying the problem, listening to others, generating solutions, or choosing a solution that is acceptable to all.</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></p> <p>In this unit, students will be introduced to recreational sports/activities that may be played in physical education, at home, or in the community. Recreational sports/activities provide opportunities to demonstrate locomotor and manipulative skills in complex or game-like situations. Students will be able to describe the relationship between physical performance and the body structure. Students will also consider the responsibility of being a good player will and practice good sportsmanship conduct with peers.</p>	<p>9 45-minute lessons</p> <p>Suggested Pacing: Mar. 18 – May 22</p> <p><i>Spring Holiday</i> Apr. 10</p> <p><i>Memorial Day</i> May 25</p> <p>Extend Review Assess Reteach May 26-29</p>	<p>Recreational Sports/Activities in Movement Students will choose and practice a myriad of activities that impact different sports such as basketball, soccer, and dance. PE.5.4A Relate ways that aerobic exercise strengthens and improves the efficiency of the heart and lungs. PE.5.4B Self-monitor the heart rate during exercise. PE.5.7A Follow rules, procedures, and etiquette. PE.5.7B Use sportsmanship skills for settling disagreements in socially acceptable ways such as remaining calm, identifying the problem, listening to others, generating solutions, or choosing a solution that is acceptable to all. PE.5.1I Perform selected folk dances. PE.5.1L Demonstrate combinations of locomotor and manipulative skills in complex and/or game-like situations such as pivoting and throwing, twisting and striking, and running and catching. PE.5.2B Identify the importance of various elements of performance for different stages during skill learning such as form, power, accuracy, and consistency. PE.5.2C Choose appropriate drills/activities to enhance the learning of a specific skill.</p> <p>Recreational Sports/Activities in Physical Activity and Health Students will be design 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.5.4C Match different types of physical activities with health-related fitness components. PE.5.4E Describe the structure and function of the muscular and skeletal system as they relate to physical performance such as muscles pull on bones to cause movement, muscles work in pairs and muscles work by contracting and relaxing. PE.5.4F Identify the relationship between optimal body function and a healthy eating plan such as eating a variety of foods in moderation according to US dietary guidelines. PE.5.5B Select and use proper attire that promotes participation and prevents injury. PE.5.3C explain the value of participation in community physical activities such as little league and parks and recreation.</p>	

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	Mar. 23 – May 29, 2020		
Unit	Number of Lessons	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
		<p>Recreational Sports/Activities in Social Development Students will design and participate in activities that build positive recreational choices in the school community settings.</p> <p>PE.5.6A Describe fundamental components and strategies used in net/wall, invasion, target, and fielding games such as basic positions-goalie, offense, or defense.</p> <p>PE.5.6B Explain the concept and importance of teamwork.</p> <p>PE.5.7A Follow rules, procedures, and etiquette.</p> <p>PE.5.7B Use sportsmanship skills for settling disagreements in socially acceptable ways such as remaining calm, identifying the problem, listening to others, generating solutions, or choosing a solution that is acceptable to all.</p>	