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| First Semester | | Second Semester | | |
| **1st Nine Weeks – 40 days**  (August 20th – October 16th)  *(September 3rd* – *Labor day* – *No School)*  *(October 8th* –  *Staff Development)* | | **3rd Nine Weeks – 45 days**  (January 7th – March 19th)  *(January 21st* – *MLK* – *No School)*  *(March 11th – 15th* – *Spring Break)* | | |
| **TEKS**  3.1[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124539)  3.6[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124563)[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124564)  3.7[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124565)  3.1[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122300)[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122302)  3.1[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124538)  3.3[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122312" \o "3.3B: Explain the body's defense systems and how they fight disease.)  3.3[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124551" \o "3.3B: Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and)  3.4[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124557" \o "3.4C: Identify foods that increase or reduce bodily functions.)  3.5[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124560" \o "3.5B: Select and use proper attire that promotes participation and prevents injury.)[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124562" \o "3.5D: Identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cooldown)  3.7[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122323" \o "3.7A: Describe how the media can influence knowledge and health behaviors.)  3.1[F](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122305" \o "3.1F: Explain strategies for maintaining a personal-health plan such as a commitment to good personal hygiene and checkups)  3.1[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124538" \o "3.1A: Travel in forward, sideways, and backwards and change direction quickly and safely in dynamic situations.)  3.2[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122306" \o "3.2A: Explain the need for obeying safety rules at home, school, work, and play such as bike safety and avoidance of weapons.)[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122310" \o "3.2E: Describe the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing)  3.5[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124561" \o "3.5C: Identify and apply safety precautions when walking, jogging, and skating in the community such as use sidewalks, walk)  3.1[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124539" \o "3.1B: Demonstrate proper form and smooth transitions during combinations of fundamental locomotor and body control skills)[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122302" \o "3.1C: Identify types of nutrients.)[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124542" \o "3.1E: Demonstrate proper body alignment in lifting, carrying, pushing, and pulling.)[G](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124544" \o "3.1G: Transfer on and off equipment with good body control such as boxes, benches, stacked mats, horizontal bar, and balance)  3.2[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124548" \o "3.2A: Identify similar positions in a variety of movements such as straddle positions, ready position, and bending knees to)  3.3[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124551" \o "3.3B: Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and)  3.4[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122315" \o "3.4B: Name and locate major components of the body systems.)[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122316" \o "3.4C: Explain the interrelationships of the body systems.)  3.4[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124556" \o "3.4B: Distinguish between aerobic and anaerobic activities.)  3.1[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122301" \o "3.1B: Describe ways to improve personal fitness.)  3.1[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124542" \o "3.1E: Demonstrate proper body alignment in lifting, carrying, pushing, and pulling.)[G](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124544" \o "3.1G: Transfer on and off equipment with good body control such as boxes, benches, stacked mats, horizontal bar, and balance)  3.3[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124552)[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124553)  3.1[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122302)[I](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124546)  3.2[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124549)  3.7[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124566)  3.11[F](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122341)[G](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122342)  3.6[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124564)  3.7[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124565)  3.3[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124550)[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124554)  3.6[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122322)  3.8[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122326) | **Units**  School Theme games (Character is our Game)  \*Jumbo Jenga, Twister, Yahtzee, Kerplunk  Back to School wellness:  \*Dress for success  \*Traffic Light Eating, Brainy Breakfast, Phytonutrients  (Hoop Mania, Steal the Bacon)  \*Unplug and Move   * Read DOT (movement with book) * Siclovia     Muscular System:  \*aerobic/anaerobic      \*3 Components of Fitness  \*FITT  Perseverance: (“Let’s Go”) (Wilma Unlimited)  \*Mile Run  \*Kids Rock    \*Tug A War  Family Play Date | **TEKS**  3.1[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124541)[G](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124544)  3.1[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124539)[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124541)  3.2[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124548)  3.3[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124550)[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124551)  3.4[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122315)[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122316)  3.8[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122326" \o "3.8B: Describe ways in which peers and families can work together to build a healthy community.)  3.11[F](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122341" \o "3.11F: Describe goal-setting skills.)  3.1[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122304" \o "3.1E: Explain the effects of too much stress and practice ways to reduce stress such as exercising and listening to music.)  3.1[F](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124543" \o "3.1F: Demonstrate control and appropriate form such as curled position and protection of neck in rolling activities such as)  3.2[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122307" \o "3.2B: Describe the harmful effects of alcohol, tobacco, and other drugs on physical, mental, and social health and why people)  3.3[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124551" \o "3.3B: Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and)  3.4[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124555" \o "3.4A: Describe the long term effects of physical activity on the heart.)[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124557" \o "3.4C: Identify foods that increase or reduce bodily functions.)  3.1[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124538" \o "3.1A: Travel in forward, sideways, and backwards and change direction quickly and safely in dynamic situations.)  3.1[F](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122305" \o "3.1F: Explain strategies for maintaining a personal-health plan such as a commitment to good personal hygiene and checkups)  3.2[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122306" \o "3.2A: Explain the need for obeying safety rules at home, school, work, and play such as bike safety and avoidance of weapons.)[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122310" \o "3.2E: Describe the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing)  3.5[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124561" \o "3.5C: Identify and apply safety precautions when walking, jogging, and skating in the community such as use sidewalks, walk)  3.1[I](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124546" \o "3.1I: Demonstrate various step patterns and combinations of movement in repeatable sequences.)  3.3[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124554" \o "3.3E: Identify opportunities for participation in physical activity in the community such as little league and parks and recreation.)  3.5[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122317" \o "3.5A: Demonstrate the ability to locate resources from parents and family members, school, and the community.)  3.9[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122331" \o "3.9E: Identify ways to communicate with parents/trusted adults about health concerns.)  3.10[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122333" \o "3.10A: Demonstrate respectful communication with family members, peers, teachers, and others.)  3.11[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122339" \o "3.11D: Explain the importance of seeking assistance in making decisions about health.)  3.1[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124539" \o "3.1B: Demonstrate proper form and smooth transitions during combinations of fundamental locomotor and body control skills)[G](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124544" \o "3.1G: Transfer on and off equipment with good body control such as boxes, benches, stacked mats, horizontal bar, and balance)  3.6[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122319" \o "3.6A: Relate how protecting the environment promotes individual and community health.)  3.1[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124538" \o "3.1A: Travel in forward, sideways, and backwards and change direction quickly and safely in dynamic situations.) | **Units**  Winter Sports  Go Kids Challenge/New Years Resolutions  Heart/Circulatory System:  \*Jump Rope for Heart/Hoops for Heart  \*Function of Heart  \*Heart Health    \*Giving from the Heart  Super Bowl  Bike Rodeo  King Antonio routine  \*Tinikling/DrumFit/Jump rope  Heroes For Heart  Spring stations  \*Spring Tabatas  STARR  \*brainy breakfast (Hoop Mania)  \*healthy snacks (Steal the Bacon) |
| **2nd Nine Weeks – 43 days**  (October 17th – December 21st)  *(November 19th – 23rd* – *Thanksgiving Break)*  *(December 24th – January 4th – Holiday Break)* | | **4th Nine Weeks – 45 days**  (March 20th – May 23rd)  *(April 19th – Good Friday – No School)*  (*April 26th – Battle of Flowers – No School)*  *(May 27th – Memorial Day – No School)* | | |
| **TEKS**  3.1[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124539)[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122302)[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124542)[I](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124546)  3.4[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122315)[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122316)  3.4[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124557)[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124558)  3.4[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122315)  3.4[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124557)  3.1[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124539)[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124542)[F](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124543)[I](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124546)[J](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124547) | **Units**  Halloween:  \*Skeletal System      \*Skeletal Square, Knock Out with stations  \*Halloween games  \*Boo Run  Diabetes  Mule Games/Camp Cambridge/Amazing Race  Garden Run  Turkey Tango  Christmas  Overhand Throw (Self and Peer Assessment) | **TEKS**  3.3[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124554" \o "3.3E: Identify opportunities for participation in physical activity in the community such as little league and parks and recreation.)  3.6[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122322" \o "3.6D: Describe roles and responsibilities of family members in promoting and practicing health behaviors.)  3.8[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122326" \o "3.8B: Describe ways in which peers and families can work together to build a healthy community.)  3.1[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122302" \o "3.1C: Identify types of nutrients.)[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122303" \o "3.1D: Describe food combinations in a balanced diet such as a food pyramid.)  3.1[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124541" \o "3.1D: Demonstrate moving in and out of a balanced position with control.)  3.1[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124539" \o "3.1B: Demonstrate proper form and smooth transitions during combinations of fundamental locomotor and body control skills)  3.3[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124552)  3.6[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122319)  3.1[J](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124547)  3.5[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124562)  3.6[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122320)  3.1[J](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124547) | **Units**  Family Play Date  King Antonio auditions (Rubric)  My Plate  Egg-ercise  Track Meet  \*4X100 Relay/Blind Handoffs  \*Running Long Jump  \*Hurdles  \*Steeple Chase  Earth Day  Cup stacking/Juggling  Fun in the Sun  \*skin protection  \*Power of sun screen game  Human Foosball |

Rotation Fridays:

Pacer 3.1[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124539)[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122302)

Team Games: 3.1[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124538), 3.6[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124563)[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124564), 3.7[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124565)[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124567)

Beat Ball Baseball

GaGa Ball

Aerobic Kickball

Team Kickball

Mat Ball

Basket/kickball

Locker Room

Flag Tag