|  |  |
| --- | --- |
| 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, KerplunkBack 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 \*FITTPerseverance: (“Let’s Go”) (Wilma Unlimited) \*Mile Run \*Kids Rock  \*Tug A WarFamily 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 SportsGo Kids Challenge/New Years ResolutionsHeart/Circulatory System: \*Jump Rope for Heart/Hoops for Heart \*Function of Heart \*Heart Health  \*Giving from the HeartSuper BowlBike RodeoKing Antonio routine \*Tinikling/DrumFit/Jump ropeHeroes For HeartSpring stations \*Spring TabatasSTARR \*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 RunDiabetesMule Games/Camp Cambridge/Amazing RaceGarden RunTurkey TangoChristmasOverhand 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 DateKing Antonio auditions (Rubric)My PlateEgg-erciseTrack Meet \*4X100 Relay/Blind Handoffs \*Running Long Jump \*Hurdles \*Steeple ChaseEarth DayCup stacking/JugglingFun 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