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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**  4.7[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124607" \o "4.7D: Demonstrate effective communication, consideration and respect for the feelings of others during physical activities such)  4.1[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122343" \o "4.1A: Identify the benefits of six major nutrients contained in foods.)[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122344" \o "4.1B: Identify information on menus and food labels.)[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122345" \o "4.1C: Differentiate between aerobic and anaerobic exercise.)[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122346" \o "4.1D: Explain the physical, mental, and social benefits of fitness.)[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122347" \o "4.1E: Explain how sleep affects academic performance.)[F](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122348" \o "4.1F: Identify the importance of taking personal responsibility for developing and maintaining a personal health plan such as)  4.2[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122349" \o "4.2A: Describe how health behaviors affect body systems.)[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122350" \o "4.2B: Describe the basic function of major body systems such as the circulatory and digestive systems.)  4.3[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124583" \o "4.3A: Describe and select physical activities that provide for enjoyment and challenge.)F  4.4[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124589" \o "4.4A: Describe the effects of exercise on heart rate through the use of manual pulse checking or heart rate monitors.)[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124590" \o "4.4B: Participate in moderate to vigorous physical activities on a daily basis.)[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124592" \o "4.4D: Identify major muscle groups and the movements they cause.)[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124593" \o "4.4E: Describe the relationship between food intake and physical activity such as calories consumed and calories expended.)[F](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124594" \o "4.4F: Explain the link between physical activity/inactivity and health such as reduce stress and burn calories.)  4.5[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124599)[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124600)  4.5[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122361)[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122363)  4.7[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122366)[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122367)  4.1[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122346)[F](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122348)  4.2[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124580)  4.3[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124584)[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124585)[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124586http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124586)[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124587)  4.4[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124591)  4.11[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122382)  4.1[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124570)[H](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124575)[I](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124576)  4.7[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124606)  4.8[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122369)  4.9[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122373)  4.11[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122382)  4.6[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124602)  4.7[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124605)  4.10[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122380)  4.1[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122346)  4.3[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124583)F  4.6[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122364) | **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  \*Aerobic bowling      \*3 Components of Fitness  \*FitnessGram  \*FITT  Perseverance: “Let’s Go”/Wilma Unlimited)  \*Mile Run  \*Kids Rock  \*Tug A War  Family Play Date | **TEKS**  4.1[G](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124574" \o "4.1G: Transfer weight along and over equipment with good body control.)  4.1[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122344" \o "4.1B: Identify information on menus and food labels.)[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122346" \o "4.1D: Explain the physical, mental, and social benefits of fitness.)[F](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122348" \o "4.1F: Identify the importance of taking personal responsibility for developing and maintaining a personal health plan such as)  4.3[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124583" \o "4.3A: Describe and select physical activities that provide for enjoyment and challenge.)  4.4[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124590" \o "4.4B: Participate in moderate to vigorous physical activities on a daily basis.)[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124593" \o "4.4E: Describe the relationship between food intake and physical activity such as calories consumed and calories expended.)  4.5[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122360" \o "4.5A: Set personal-health goals for preventing illness.)  4.6[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122364" \o "4.6A: Identify similarities in which healthy environments can be promoted in homes, schools, and communities.)  4.7[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124606" \o "4.7C: Work independently and stay on task.)  4.8[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122369" \o "4.8B: Describe the importance of being a positive role model for health.)  4.1[J](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124577" \o "4.1J: Travel into and out of a rope turned by others without hesitating.)  4.1[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122347" \o "4.1E: Explain how sleep affects academic performance.)[F](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122348" \o "4.1F: Identify the importance of taking personal responsibility for developing and maintaining a personal health plan such as)  4.2[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122349)[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122350)  4.4[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124589)[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124590)[G](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124595)[H](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124596)  4.4[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122355)  4.1[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124568)  4.9[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122370)  4.5[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124598)[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124600)  4.1[H](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124575)[J](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124577)  4.2[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124581)  4.9[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122374)  4.10[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122378)  4.1[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122346)  4.3F  4.3[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122352)  4.4[I](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124597)  4.6[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122364)[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122365)  4.11[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122381)[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122383)  4.1[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122344) | **Units**  Winter Sports  Go Kids Challenge/New Year’s 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/Drum Fit/Jump rope  Maturation  Kinetic Kids  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**  4.2[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122349)[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122350)  4.4[G](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124595)  4.11[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122382)  4.1[G](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124574)  4.2[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122349)[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122350)  4.5[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122362)[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122363)  4.1[H](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124575)[I](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124576)  4.2[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124579)[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124581)[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124582) | **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**  4.2[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124581)  4.1[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122343)  4.4[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124587)  4.1[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124571)[F](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124573)[G](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124574)  4.2[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124580)[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124581)  4.4[I](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124597)  4.1[F](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124573)[G](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124574)  4.6[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122365)  4.5[D](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124601) | **Units**  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: 4.1[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124568)

Team Games: 4.1[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124568)[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124569)[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124572)[K](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124578), 4.2[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124579), 4.6[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124602)[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124603), 4.7[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124604)[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=124605), 4.9[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122371)[F](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122375), 4.10[B](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122379)[C](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122380), 4.11[E](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122385)

Beat Ball Baseball

GaGa Ball

Aerobic Kickball

Team Kickball

Mat Ball

Basket/kickball

Locker Room

Flag Tag