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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.)F4.4[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)F4.6[A](http://www.teksresourcesystem.net/module/standards/Tools/Browse?standardId=122364) | **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 \*Aerobic bowling   \*3 Components of Fitness \*FitnessGram  \*FITTPerseverance: “Let’s Go”/Wilma Unlimited) \*Mile Run \*Kids Rock \*Tug A WarFamily 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 SportsGo Kids Challenge/New Year’s ResolutionsHeart/Circulatory System: \*Jump Rope for Heart/Hoops for Heart \*Function of Heart \*Heart Health  \*Giving from the HeartSuper BowlBike RodeoKing Antonio routine \*Tinikling/Drum Fit/Jump ropeMaturationKinetic KidsHeroes 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**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 RunDiabetesMule Games/Camp Cambridge/Amazing RaceGarden RunTurkey TangoChristmasOverhand 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 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: 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