



Cambridge First Grade PE Year at a Glance (YAG)

Key:
Health/**PE**

| First Semester | | Second Semester | |
|---|--|---|---|
| 1st Nine Weeks – 40 days (August 20 th – October 16 th) (September 3 rd – Labor day – No School) (October 8 th – Staff Development) | | 3rd Nine Weeks – 45 days (January 7 th – March 19 th) (January 21 st – MLK – No School) (March 11 th – 15 th – Spring Break) | |
| TEKS | Units | TEKS | Units |
| 1.3A 1.8A | Mighty Mule School Theme games (Character is our Game) *partner Card Games (toss and catch) | 1.1C 1.3A 1.3C 1.6A 1.8A | Winter Olympics 2018 Go Kids Challenge/New Year's Resolutions |
| 1.1A 1.1D 1.2G 1.4D 1.7ABC 1.7B 1.9ACD 1.10AB | Back to School wellness: *Dress for success/fuel for success (parachute) *Traffic Light Eating, Brainy Breakfast, Phytonutrients (Hoop Mania, Steal the Bacon) *Unplug and Move <ul style="list-style-type: none"> • Read <u>DOT</u> (movement with book) • Siclovia | 1.1G 1.4B 1.4B | Heart/Circulatory System: *Jump Rope for Heart/Hoops for Heart *Function of Heart *Heart Health (When I was dreaming song) *Giving from the Heart |
| 1.1A 1.1A 1.2ABFG 1.3B 1.4AB 1.5AB 1.6B | Muscular System: *aerobic/aerobic (bowling) *3 Components of Fitness *Exploration of different movements with hula hoops (Read <u>Go Dog Go</u>) | 1.1BC 1.2C 1.4E 1.7B | Super Bowl |
| 1.1AB 1.2B 1.3BCD 1.4B 1.4BCD 1.6A | *FITT | 1.1A 1.2AF 1.5AB | Bike Rodeo King Antonio routine *Tinkling/Drum Fit/Jump rope *Jump Clubs |
| 1.1AB 1.2B 1.3C 1.5A 1.6A 1.7A | Perseverance (Read <u>Wilma Unlimited</u>) *Kids Rock | 1.1FG 1.2F | Kinetic Kids Heroes For Heart |
| 1.3A 1.3C 1.3C 1.6A 1.8A | *Tug A War | 1.3A 1.5A | Spring stations *Spring Tabatas |
| 1.1F | Dance ("Let's Go") | 1.4D 1.8B | STAAR *brainy breakfast (Hoop Mania) *healthy snacks (Steal the Bacon) |
| 1.2B 1.3A 1.8A | Family Play Date | | |



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Health/**PE**

| 2nd Nine Weeks – 43 days (October 17 th – December 21 st) (November 19 th – 23 rd – <i>Thanksgiving Break</i>) (December 24 th – January 4 th – <i>Holiday Break</i>) | | 4th Nine Weeks – 45 days (March 20 th – May 23 rd) (April 19 th – <i>Good Friday – No School</i>) (April 26 th – <i>Battle of Flowers – No School</i>) (May 27 th – <i>Memorial Day – No School</i>) | |
|---|---|---|---|
| TEKS | Units | TEKS | Units |
| 1.1B 1.1B 1.4BC 1.4C 1.5B 1.7B 1.3C 1.4B 1.7B 1.1CD 1.3A 1.10B 1.3AB 1.4A 1.4D 1.7A 1.1D 1.1ABD 1.2B 1.1H 1.2A | Halloween *Skeletal System Skeletal Square Dance, Knock Out with stations *Halloween games (Dental Care, Ghost Busters) *Boo Run Diabetes Mule Games/Camp Cambridge/Amazing Race Garden Run Turkey Tango Christmas *Christmas games and Sleigh rides Overhand Throw (Self and Peer Assessment) | 1.2B 1.8A 1.4D 1.1B 1.1ABCD 1.8B 1.1F 1.5C 1.1H 1.5DE | Family Play Date My Plate Egg-ercise Track Meet *Indy 500 *4X100 Relay/Blind Handoffs *Hurdles *Steeple Chase Earth Day Cup stacking/Juggling Fun in the Sun *skin protection Power of sun screen game *Water Safety Human Foosball |

Rotation Fridays:

Pacer 1.1A, 1.6A

Team Games: 1.1A, 1.2A, 1.3A, 1.6B, 1.7ABC

- Beat Ball Baseball
- GaGa Ball
- Aerobic Kickball
- Team Kickball
- Mat Ball
- Basket/kickball
- Locker Room
- Flag Tag