



**1<sup>st</sup> Quarter**

**Resources:**

<b>Week</b>	<b>Unit/Lesson</b>	<b>Learning Objectives</b>	<b>Reporting Categories (TEKS SEs)</b>
<b>1<sup>st</sup> week</b>	<b>Orientation /following rules and procedures inside Gym</b>  <b>Grouping students for different stations</b>	Student understands basic components such as strategies and rules of structured physical activities	116.5 5 AB
<b>2<sup>nd</sup> week</b>	<b>Warm up drills</b> <b>Team games (Monkeys tail, dodge ball, Ribbon tag, hunt the lion</b>	Participate in appropriate exercises for developing flexibility	116.5 3C
<b>3<sup>rd</sup> week</b>	<b>Exercises</b> <b>Throw ball /Volley ball</b>	Demonstrate body control in jumping, landing and striking	116.6 1 D
<b>4<sup>th</sup> week</b>	<b>Exercises on stations</b> <b>Kick ball</b>	How to drop kick, catch a football pass on run	116,6 1b
<b>5<sup>th</sup> week</b>	<b>Exercises</b> <b>Base ball</b>	Rolling of ball, covering bases striking	116.7 L
<b>6<sup>th</sup> week</b>	<b>Exercises</b> <b>Skipping</b> <b>Team games</b>	To perfect movement and coordination	116.20 4 l
<b>7<sup>th</sup> week</b>	<b>Exercises</b> <b>Group activities/drills</b>	Demonstrate control in balancing and traveling activities, follow rules, procedures, and safe practices	116.2 7AB
<b>8<sup>th</sup> week</b>	<b>Coordinated exercises</b> <b>Different types of Races</b>	Demonstrate proper foot patterns, clap in time to a simple rhythmic beat	116.31E
<b>9<sup>th</sup> week</b>	<b>Rhythmic Exercises</b> <b>Jumps and sprints</b> <b>Coordinated exercises Long and short races</b>	Demonstrate proper foot patterns in hopping, jumping, skipping, leaping, and galloping Demonstrate starting and stopping signals, follow direction	116.31b 116.3C



2nd Quarter			
Resources:			
Week	Unit/Lesson	Learning Objectives	Reporting Categories (TEKS SEs)
1 <sup>st</sup> week	Exercises/jogging Base ball	Throw and catch a ball, run bases, rules for game	116.221 A, F, G
2 <sup>nd</sup> week	Running mile	Evaluate personal fitness goals, improving skill	116.24,2A
3 <sup>rd</sup> week	Exercises Running drills/Badminton	Mastering skills for sprints, long runs, movement of arms and foot	115.22a
4 <sup>th</sup> week	Basket ball	Appropriate practice in static and dynamic setting, attention	116.22 2ABC
5 <sup>th</sup> week	Volley ball tournament	Provide for enjoyment and challenge	116.5 3B
6 <sup>th</sup> week	Throw ball match	Demonstrate key elements in manipulative such as underhand throw, overhand throw, catch	116.5 1BJ
7 <sup>th</sup> week	Races/group games		
8 <sup>th</sup> week	Final races	Stretches, muscles endurance, speed, and agility	
9 <sup>th</sup> week	Warm up drills Soccer	Demonstrate competency in fundamental movement patterns, like change in speed during straight, curved and zig zag pathways	116.6B



**3rd Quarter**

**Resources:18**

<b>Week</b>	<b>Unit/Lesson</b>	<b>Learning Objectives</b>	<b>Reporting Categories (TEKS SEs)</b>
<b>1<sup>st</sup> week</b>	<b>Exercises/jogging Base ball</b>	Throw and catch a ball, run bases, rules for game	116.221 A, F, G
<b>2<sup>nd</sup> week</b>	<b>Running mile</b>	Evaluate personal fitness goals, improving skill	116.24,2A
<b>3<sup>rd</sup> week</b>	<b>Exercises Running drills/Badminton</b>	Mastering skills for sprints, long runs, movement of arms and foot	115.22a
<b>4<sup>th</sup> week</b>	<b>Basket ball</b>	Appropriate practice in static and dynamic setting, attention	116.22 2ABC
<b>5<sup>th</sup> week</b>	<b>Basket ball</b>	Hand and foot dribble while preventing an opponent from stealing the ball	116.22L K
<b>6<sup>th</sup> week</b>	<b>Kick ball</b>	Know basic rules	116.6Ab
<b>7<sup>th</sup> week</b>	<b>Dodge ball</b>	Students learn and demonstrate more mature movement forms, learn game strategies,	116.5 A
<b>8<sup>th</sup> week</b>	<b>Volley ball</b>	Use offensive and defensive strategies, rules	116.23G
<b>9<sup>th</sup> week</b>	<b>Basket ball</b>	Qualifying lay ups, shooting, blocking defensive strategies	116,24 F



4th Quarter			
Resources:			
Week	Unit/Lesson	Learning Objectives	Reporting Categories (TEKS SEs)
1 <sup>st</sup> week	Exercises Team games	Identify potential risk associated with physical activities, respond to winning and losing with dignity and understanding	116.6 5B,7B
2 <sup>nd</sup> week	Volley ball	Digging, setting and strike mastering skills	116.28 G
3 <sup>rd</sup> : Apr 1-	Soccer	Improve flexibility in shoulders, trunks and legs, shooting drop kicks, zig zag movement	116.6 2 G
4 <sup>th</sup> week	Base ball	Baseball skills and strategies, scoring	
5 <sup>th</sup> week	Kick ball	Testing all skills	
6 <sup>th</sup> week	Kick ball matches	Testing all skills	
7 <sup>th</sup> week	Outdoor base ball matches	Testing all skills	116.243A
8 <sup>th</sup> week	Soccer match	Testing all skills,	116.23 6A B