


Title	 Suggested Dates
Lifetime Sports/ Cardio / Recreational Games	Nov. 11 – Dec. 16

The resources included here provide teaching examples and/or meaningful learning experiences to address the District Curriculum. In order to address the TEKS to the proper depth and complexity, teachers are encouraged to use resources to the degree that they are congruent with the TEKS and research-based best practices. Teaching using only the suggested resources does not guarantee student mastery of all standards. Teachers must use professional judgment to select among these and/or other resources to teach the district curriculum.

Knowledge & Skills with Student Expectations	Specificity & Examples	Suggested Resources (Read the note above)
<p>Health Observances: National Diabetes Month, Great American Smoke-out, Epilepsy Awareness Month, Safe Toy and Gift Month, National Hand-washing Awareness Week</p>		
<p>6.1 Movement. The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.</p>		<p>Softball Kickball Bowling-if equipment is available Snowball Fight Bombardment Fitness Gram Badminton CATCH: Floor Hockey pg 410-428 CATCH: Tennis pg 501-514 CATCH: Golf pg 460-467 CATCH: Flying Disc pg 430-441 CATCH: Volleyball pg 516-525 CATCH: Basketball pg 376-393 Matball- rules found on Wikipedia, scooters, www.pecentral.com/LessonIdeas/SearchResults.asp www.safekids.com www.catchinfo.org www.pelink4u.org www.americanheart.org www.eteamz.com/puntpasskick www.discgolf.com</p>
<p>6.1f throw a variety of objects demonstrating both accuracy and distance such as Frisbee, softball, and basketball</p>		<p>Frisbee tic tac toe www.pecentral.org – search Frisbee, softball, etc.</p>
<p>6.1g strike a ball to a wall or a partner with a paddle/racquet using forehand and backhand strokes continuously</p>	<p>Such as striking a self-dropped ball with a racket over a low level line or net to various designated areas or to a partner using a tennis or badminton racket</p>	

6.1h strike a ball using a golf club or a hockey stick consistently so it travels in an intended direction and height	Such as using hockey stick to control-dribble a ball so as not to collide with others or obstacles, or aiming at set targets	www.pecentral.org – search golf
6.1k throw and catch a ball consistently while guarded by an opponent	Such as cooperatively playing a designed or given small group game w/ opponents that involves throwing and catching with dodging, chasing and fleeing	
6.2 Movement. The student applies movement concepts and principles to the learning and development of motor skills.		
6.2b make appropriate changes in performance based on feedback to improve skills	Such as skills testing and proficiency tests	
6.2C practice in ways that are appropriate for learning skills such as whole/part/whole, shorter practice distributed over time is better than one long session, or practicing is best in game-like condition		
6.3 Physical activity and health. The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge.		
6.3a identify opportunities in the school and community for regular participation in physical activity	Such as extracurricular sports leagues, “Punt, Pass, and Kick”, “Wii Fit, Dance Dance Revolution”, hike and bike trails, public swimming pools, bowling alleys, and school-wide intramurals	
6.3b participate in moderate to vigorous health-related physical activities on a regular basis	Such as moderate to vigorous physical activity as evidenced by increased breathing, heart rate and perspiration as a result of jogging, running, and jumping activities	
6.3c establish and monitor progress toward appropriate personal fitness goals in each of the components of health-related fitness such as personal logs, group projects, and no space/or criterion referenced tests	Including FitnessGram	
6.3d identify and know how to use technological tools used for measuring and monitoring fitness parameters such as computer programs, heart rate monitors, skin-fold calipers, and impedance testing equipment	Such as through the use of FitnessGram	
6.4 Physical activity and health. The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.		

6.4a describe selected long-term benefits of regular physical activity		
6.4b classify activities as being aerobic or anaerobic	Aerobic activities such as jump rope, distance running or swimming. Anaerobic activities such as weightlifting, bowling, and disc golf	
6.4c describe the effects of aerobic exercise on the heart and overall health	Such as a method of reducing stress, lowering blood pressure, and maintaining a healthy weight	
6.4d analyze effects of exercise on heart rate through the use of manual pulse checking and recovery rates, heart rate monitors, perceived exertion scales, and/or computer generated data		www.cchs.net
6.4e identify each health-related fitness component and describe how participating in cardiovascular endurance, muscular strength and endurance, and flexibility actions impact personal fitness	Such as Yoga and/or Pilates	
6.5 Physical activity and health. The student understands and applies safety practices associated with physical activities.		
6.5a use equipment safely and properly	Including following verbal direction of usage of equipment given by teachers or by peers and use of school equipment when given permission to do so	
6.5b select and use proper attire that promotes participation and prevents injury	Such as closed-toe tennis / athletic shoes and no jewelry	
6.5c include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold heat, and insects; and recommend prevention and treatment		
6.6 Social development. The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.		
6.6a know basic rules for sports played such as setting up to start, restarting, violating rules		
6.6b keep accurate score during a contest		

6.7 Social development. The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.		United Streaming: www.unitedsstreaming.com Learning Relations Skills- part 4 Conflict Resolution
6.7a participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations		
6.7b handle conflicts that arise with others without confrontation	Such as “Rock, Paper, Scissors” to settle conflicts	
6.7c identify and follow rules while playing sports and games		
6.7d accept decisions made by game officials such as students, teachers, and officials outside the school	Such as displaying good sportsmanship and accepting decisions without complaint or body language	
6.7e accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice		
6.7f modify games/activities to improve the game/activity		
7th Grade		
7.1 Movement. The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.		
7.1a coordinate movements with teammates to achieve team goals	Such as positioning players in soccer for offense and defense	
7.2 Movement. The student applies movement concepts and principles to the learning and development of motor skills.		
7.2a create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand, practice specific game situations, or practice jumps or cartwheels in both directions		
7.2c describe the importance of goal setting in improving skill		

7.2d detect and correct errors in personal or partner's skill performance	TEACHER NOTE: Also addressed in Bundle 1 Such as peer skills assessment or by viewing a video tape	
7.2e make appropriate changes in performance based on feedback		
7.2f identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support		
7.3 Physical activity and health. The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge.		
7.3Cc participate in moderate to vigorous health-related physical activities on a regular basis		
7.3d evaluate personal fitness goals and make appropriate changes for improvement	Such as reviewing long and short-term goals on the FitnessGram, bringing in guest speakers from local fitness club	
7.3e select and use appropriate technology tools to evaluate, monitor, and improve physical development	Such as the Fitnessgram results, or guest speaker from local fitness club	
7.4 Physical activity and health. The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.		
7.4a list long term physiological and psychological benefits that may result from regular participation in physical activity		
7.4b assess physiological effects of exercise during and after physical activity	Such as monitoring resting, target, and maximum heart rates	
7.4c match personal physical activities to health-related fitness components		
7.4d analyze the strength and weaknesses of selected physical activities		
7.4e identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function		
7.4f identify and apply basic weight training principles and safety practices such as appropriate goals, appropriate weight and repetitions, body alignment,		

principle of frequency, intensity, and time, and importance of balance in muscle pairs		
7.4g describe and predict the effects of fitness-related stress management techniques on the body	Such as regular physical exercise as an outlet for stress reduction	
7.4h explain the effects of eating and exercise patterns on weight control, self-concept and physical performance		
7.4i recognize the effects of substance abuse on personal health and performance in physical activity		
7.5 Physical activity and health. The student understands and applies safety practices associated with physical activities.		
7.5a use equipment safely and properly	TEACHER NOTE: also addressed in Bundle 1 Including: following verbal direction of usage of equipment given by teachers or by peers, use of school equipment when given permission to do so	
7.5b select and use proper attire that promotes participation and prevents injury	TEACHER NOTE: also addressed in Bundle 1 Such as closed-toe tennis / athletic shoes and no jewelry	
7.5c include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat, and insects; and recommend prevention and treatment	TEACHER NOTE: also addressed in Bundle 1	
7.5d analyze exercises for their effects on the body such as beneficial/potentially dangerous		
7.5e recognize harmful effects of the sun such as sunburn, heatstroke, heat exhaustion, and heat cramps and recommend prevention methods		
7.6 Social development. The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.		
7.6b describe fundamental components and strategies used in net/wall, invasion, target, and fielding games such as net/wall alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feel the movement, and fielding-back up other players	Such as football, volleyball, basketball, hockey and soccer games	

7.7 Social development. The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.		
7.7a solve problems in physical activities by analyzing causes and potential solutions		
7.7b work cooperatively in a group to achieve group goals in competitive as well as cooperative settings	Such as sportsmanship, teamwork, respect for individual differences and positive social skills	