

Place a check (✓) in each column to show TEKS taught.

Texas Essential Knowledge & Skills		1st 6 Wks	2nd 6 Wks	3rd 6 Wks	4th 6 Wks	5th 6 Wks	6th 6 Wks
3.1 Movement. The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.	(A) travel forward, sideways, and backwards and change direction quickly and safely in dynamic situations;						
	(B) demonstrate proper form and smooth transitions during combinations of fundamental locomotor and body control skills such as running and jumping safely in dynamic situations;						
	(C) demonstrate mature form in jogging, running, and leaping;						
	(D) demonstrate moving in and out of a balanced position with control;						
	(E) demonstrate proper body alignment in lifting, carrying, pushing, and pulling;						
	(F) demonstrate control and appropriate form such as curled position and protection of neck in rolling activities such as forward roll, shoulder roll, and safety rolls;						
	(G) transfer on and off equipment with good body control such as boxes, benches, stacked mats, horizontal bar, and balance beam;						
	(H) clap echoes in a variety of one measure rhythmical patterns;						
	(I) demonstrate various step patterns and combinations of movement in repeatable sequences;						
	(J) demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick such as position your side to the target.						
3.2 Movement. The student applies movement concepts and principles to the learning and development of motor skills.	(A) identify similar positions in a variety of movements such as straddle positions, ready position, and bending knees to absorb force;						
	(B) know that practice, attention and effort are required to improve skills.						

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3.3 Physical activity and health. The student exhibits a health enhancing, physical-active lifestyle that provides opportunities for enjoyment and challenge.	(A) describe and select physical activities that provide for enjoyment and challenge.						
	(B) participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration;						
	(C) participate in appropriate exercises for developing flexibility;						
	(D) lift and support his/her weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back and legs such as hanging, hopping, and jumping.						
	(E) identify opportunities for participation in physical activity in the community such as little league and parks and recreation.						
3.4 Physical activity and health. The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.	(A) describe the long term effects of physical activity on the heart;						
	(B) distinguish between aerobic and anaerobic activities;						
	(C) identify foods that increase or reduce bodily functions;						
	(D) identify principles of good posture and its impact on physical activity.						
3.5 Physical activity and health. The student understands and applies safety practices associated with physical activities.	(A) use equipment safely and properly.						
	(B) select and use proper attire that promotes participation and prevents injury;						
	(C) identify and apply safety precautions when walking, jogging, and skating in the community such as use sidewalks, walk on the left side of street when facing traffic, wear lights/reflective clothing, and be considerate of other pedestrians;						
	(D) identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cool-down activities.						
3.6 Social development. The students understands basic components such as strategies and rules of structured physical activities including but not limited to, games, sports, dance, and gymnastics.	(A) identify components of games that can be modified to make the games and participants more successful;						
	(B) explain the importance of basic rules in games and activities.						
3.7 Social development. The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.	(A) follow rules, procedures, and etiquette						
	(B) persevere when not successful on the first try in learning movement skills;						
	(C) accept and respect differences and similarities in physical abilities of self and others.						