

Brazosport Independent School District
1st Grade Physical Education
 2012- - 2013

Nine Week Period	Content Topics	CCRS	TEKS	TEKS Elaboration	Resources	Notes
Throughout the Year	Safety & Rules		5a 5b 5e	(A) use equipment and space safely and properly; (B) describe the importance of protective equipment in preventing injury such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing; (E) describe and demonstrate appropriate reactions to emergency situations common to physical activity settings such as universal safety precautions, and calling 911.		
Throughout the Year	Health & Nutrition		4a 4b 4c 4d 4e	(A) distinguish between active and inactive lifestyles; (B) describe the location and function of the heart; (C) describe how muscles and bones work together to produce movement; (D) describe food as a source of energy; and (E) explain the negative effects of smoking, lack of sleep, and poor dietary habits on physical performance and on the body.		
Throughout the Year	Social Development		6a 6b 7a 7b 7c	(A) demonstrate starting and stopping signals; and (B) explain boundaries and rules for simple games. (A) follow directions and apply safe movement practices; (B) interact, cooperate, and respect others; and (C) resolve conflicts in socially acceptable ways such as talking and asking the teacher for help.		
1st Nine Weeks	Movement (2 weeks)		1a 1c	(A) demonstrate an awareness of personal and general space while moving at different directions and levels such as high, medium, and low; (C) demonstrate control in balancing and traveling activities;		
1st Nine Weeks	Field Sports 1 st Semester (3-4 weeks)		1h	(H) demonstrate on cue key elements in overhand throw, underhand throw, and catch.		

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2 nd Nine Weeks	Cooperative Movement (Dance) (3-4 weeks)		1d 1e 1f 1g	(D) demonstrate the ability to work with a partner such as leading and following; (E) clap in time to a simple rhythmic beat; (F) create and imitate movement in response to selected rhythms; (G) jump a long rope;		
2 nd Nine Weeks	Court Sports – 1 st Semester (3-4 weeks)		1h 6b	(H) demonstrate on cue key elements in overhand throw, underhand throw, and catch. (B) explain boundaries and rules for simple games.		
3 rd Nine Weeks	Cardio Fitness (6 weeks)		1b 1g 3b 3d	(B) demonstrate proper foot patterns in hopping, jumping, skipping, leaping, galloping, and sliding; (G) jump a long rope; (B) participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration; (D) lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.		
3 rd Nine Weeks	Field Sports – 2 nd Semester (3-4 weeks)		1h	(H) clap echoes in a variety of one measure rhythmical patterns;		
4 th Nine Weeks	Court Sports 2 nd Semester (3-4 weeks)		1h 6b	(H) clap echoes in a variety of one measure rhythmical patterns; (B) explain the importance of basic rules in games and activities		
4 th Nine Weeks	<u>Leisure Sports</u> (6 weeks)		2a 2b 3a	(A) identify similar positions in a variety of movements such as straddle positions, ready position, and bending knees to absorb force; and (B) know that practice, attention and effort are required to improve skills. (A) describe and select physical activities that provide for enjoyment and challenge;		

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			3c 5c 5d	(C) participate in appropriate exercises for developing flexibility; (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; and (D) identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cool-down activities.		