

Subject	Grade	9 Weeks	Estimated Time Frame
Physical Activity and Health	1st	All Year	Ongoing
TEKS / Student Expectations:		Examples / Specifications:	
1.3A Describe and select physical activities that provide opportunities for enjoyment and challenge.		1.3A Such as tag and team games, exercise, races and contests	
1.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.		1.3B Participates in moderate to vigorous activities that develop endurance such as walking or jogging	
1.3C Participate in appropriate exercises for flexibility in shoulders, legs, and trunk.		1.3C Such as Sit and Reach, windmill	
1.3D 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.		1.3D Arm and shoulder challenges such as push-ups, arm hang; abdominal challenges such as curl up variations; leg challenges such as hopping, jumping, skipping, galloping	
1.4A Distinguish between active and inactive lifestyles.		1.4A Such as being active during recess and after school	
1.4B Describe the location and function of the heart.		1.4B Such as a pump that is working the rest of your life	
1.4C Describe how muscles and bones work together to produce movement.		1.4C Such as using muscles to push and pull	
1.4D Describe food as a source of energy.		1.4D Such as some foods are better choices than others for increased energy	
1.4E Explain the negative effects of smoking, lack of sleep, and poor dietary habits on physical performance and on the body.		1.4E Smoking such as decreased heart and lung function; Lack of sleep such as fatigue and poor attention; poor dietary habits such as lack of energy and growth	
1.5A Use equipment and space safely and properly.		1.5A Safety such as personal space, following directions, paying attention	
1.5B Describe the importance of protective equipment in preventing injury such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing.		1.5B To avoid injury to head, knees, wrists; Proper shoes to avoid falling and injury to the foot; Clothing to prevent injury on scooters and other equipment	

1.5C Describe how to protect himself/herself from harmful effects of the sun.	1.5C Such as sunscreen, protective clothing, and limiting exposure
1.5D List water safety rules and demonstrate simple extension rescue.	1.5D Such as never swim alone and wear a life jacket
1.5E Describe and demonstrate appropriate reactions to emergency situations common to physical activity settings such as universal safety precautions, and calling 911.	1.5E Such as finding an adult, learning how to call 911, and knowing your own personal information
Language of Instruction:	Instructional Resources / Textbook Correlations:
<p>Safety - Use personal space, playground, water, sun, equipment, emergencies Personal health – rest and sleep, proper protective equipment, understand/describe benefits and effects of activity, effects of smoking, simple anatomy, basic nutrition</p>	<p>Coordinated School Health Program: <i>SPARK</i> – Healthy Lifestyle Choices Dynamic PE for Elementary School Children – Pangrazi CATCH Box Activity Kit K-2 Indoor Action Games for Elementary School Children by: Foster and Overholt Ready to Use P.E. Activities for Grades 3-4 by: Landy and Landy What are we doing in Gym today? by: Tillman and Toner Teaching Children Physical Education by: George Graham No Standing Around in My Gym by: Hughes Great Activities Newspaper-Kameya editor The Heart – Seymour Simon Human Body – Michael Gabb Body – Andrew Haslam Fitnessgram / Activitygram Reference Guide, Dallas, TX The Cooper Institute. Welk, G. J., Meredith, M.D. (Eds.). (2008). PE2theMax by: J.D. Hughes Never Play Leapfrog with a Unicorn by: Mehrhof, Ermler, Worrell, and Brewer Noodle Mania by: Chad Triolet Noodle Mania 2 by: Chad Triolet</p> <p><u>CDs</u> Any Turkey Can Tango - Lee Campbell-Towell Lummi Sticks for Kids - Kimbo Educational Animal Walks - Kimbo Educational Goofy Over Health – Disney Educational Productions Don't Get Sick, Wash up Quick with Scrubby Bear! – American Red Cross Longfellow's Whale Tales – American Red Cross</p>

	<p>I'm no Fool as a Pedestrian – Disney Educational Productions Aqua Smart – Water and Boating Safety – Texas Parks and Wildlife Do Re Mi on His Toe Leg Me – Jim Gill The Sneezing Song and Other Contagious Tunes – Jim Gill Physical Ed – The Learning Station</p>
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