

# Scope & Sequence

Subject	Grade	9 Weeks	Estimated Time Frame
Movement	3 <sup>rd</sup>	All Year	Ongoing
<b>TEKS/Student Expectations:</b>		<b>Examples/Specifications:</b>	
3.1 A travel in forward, sideways, and backwards and change directions quickly and safely in dynamic situations.		3.1A Such as shuttle type activities	
3.1 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		3.1B Such as changing a run into a skip and then into a gallop	
3.1 C Demonstrate mature form in jogging, running and leaping		3.1C Track activities such as long jump	
3.1 D Demonstrate moving in and out of balanced positions with control		3.1D Such as balance beam, tumbling activities and hand stands	
3.1 E Demonstrate proper body alignment in lifting, carrying, pushing and pulling		3.1E Such as bending your knees, using legs instead of back, correct posture	
3.1 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		3.1F Such as tucking tightly, being aware of speed and proper use of hands	
3.1 G Transfer on and off equipment with good body control such as boxes, benches, stacked mats, horizontal bar, and balance beam		3.1G Such as wide stance, bend your knees and use arms for balance	
3.1 H Clap echoes in a variety of one measure rhythmical patterns		3.1H Such as a rhythmic pattern with a combination of weak and strong beat	
3.1 I Demonstrate various step patterns		3.1I Such as using specific step patterns in various dance movements	
3.1 J Demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick such as position your side to the target		3.1J Such as in the stretch-bend-stretch sequence in the overhand throw	
3.2 A Identify similar positions in a variety of movements such as straddle positions, ready position, and bending knees to absorb force		3.2A Such as wide stance, knees bent, hands ready, and eyes focused	
3.2 B Know that practice, attention and effort are required to improve skills		3.2B Such as continuing to jump while trying to master a jump rope stunt or mastering the components in the Fitnessgram	

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Language of Instruction:	Instructional Resources/Textbook Correlations:
<p><b>Fundamental Movement</b> – locomotor &amp; non-locomotor skills</p> <p><b>Manipulatives</b> – balls, beanbags, hoops, ropes, Frisbees</p> <p><b>Rhythmic activities</b> – clap echoes and step patterns</p> <p><b>Stunts/Tumbling</b> – balance, controlled position changes, rolls,</p> <p><b>Games/Sports</b> – throwing, catching, and kicking skills, position concepts</p> <p><b>Fitnessgram</b> – State required fitness assessment that measures aerobic capacity, muscular strength &amp; endurance, flexibility and body composition to determine students’ fitness levels.</p>	<p><b>Coordinated School Health Program: <i>SPARK</i></b> – Healthy Lifestyle Choices (HLC)</p> <p>Line dance CD, Tinikling, Lummi sticks, Alley Cat</p> <p>Dynamic PE for Elementary School Children - Pangrazi</p> <p>Hooked on Fitness</p> <p>CATCH Box Activity Kit 3-5</p> <p>Indoor Action Games for Elementary School Children by: Foster and Overholt</p> <p>Ready to Use P.E. Activities for Grades 3-4 by: Landy and Landy</p> <p>What are we doing in Gym today? by: Tillman and Toner</p> <p>Teaching Children Physical Education by: George Graham</p> <p>No Standing Around in My Gym by: Hughes</p> <p>Great Activities Newspaper-Kameya editor</p> <p>Fit to Try – Cindy Bross</p> <p>Fitnessgram / Activitygram Reference Guide, Dallas, TX The Cooper Institute. Welk, G. J., Meredith, M.D. (Eds.). (2008).</p> <p>PE2theMax by: J.D. Hughes</p> <p>Never Play Leapfrog with a Unicorn by: Mehrhof, Ermler, Worrell, and Brewer</p> <p>Noodle Mania by: Chad Triolet</p> <p>Noodle Mania 2 by: Chad Triolet</p> <p><b><u>CDs</u></b></p> <p>Any Turkey Can Tango - Lee Campbell-Towell</p> <p>Lummi Sticks for Kids - Kimbo Educational</p> <p>Animal Walks - Kimbo Educational</p> <p>Everybody Dance – Kimbe</p> <p>Hey Let’s Dance</p> <p>All-Time Favorite Dances – Kimbo</p> <p>Do Re Mi on His Toe Leg Me – Jim Gill</p> <p>The Sneezing Song and Other Contagious Tunes – Jim Gill</p> <p>Physical Ed – The Learning Station</p>

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