

# Scope and Sequence

Subject	Grade	9 Weeks	Estimated Time Frame
<b>Movement</b>	<b>4<sup>th</sup></b>	<b>All Year</b>	<b>Ongoing</b>
<b>TEKS / Student Expectations:</b>		<b>Examples / Specifications:</b>	
4.1A Demonstrate changes in speed during straight, curved, and zigzag pathways in dynamic situations.		4.1A Such as chasing an opponent in a flag football game; catching a fly ball; dribbling a soccer ball down the field	
4.1B Catch an object while traveling such as catch a football pass on the run.		4.1B Such as catching a basketball chest pass during a game situation	
4.1C Continue shapes, levels, pathways, and locomotor patterns smoothly into repeatable sequences.		4.1C Such as changing a run into a skip and then into a gallop	
4.1D Continue jump and land for height and distance using key elements for creating and absorbing force such as bending knees, swinging arms, and extending.		4.1D Track activities such as performing the long jump	
4.1E Perform sequences that include traveling, showing good body control combined with stationary balances on various body parts.		4.1E Tumbling activities such as front roll to cartwheel to handstand	
4.1F Demonstrate body control in jumping and landing such as land on feet, bend knees, and absorb force.		4.1F Track activities such as performing the long jump	
4.1G Transfer weight along and over equipment with good body control.		4.1G Gymnastic activities such as balance beam	
4.1H Create a movement sequence with beginning, middle, and end.		4.1H Activities such as designing and performing a dance sequence	
4.1I Perform basic folk dance steps such as grapevine, schottische, and step-together-step.		4.1I Activities such as designing and performing a dance sequence	
4.1J Travel into and out of a rope turned by others without hesitating.		4.1J Such as running in and out of a turning rope	

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4.1K Demonstrate key elements in manipulative skills such as volleying, hand dribble, foot dribble, punt, striking with body part, racquet, or bat.	4.1K Such as keeping ball close to body while dribbling; keeping eye on the ball while striking
4.2A Identify similar movement elements in sports skills - underhand throwing and underhand volleyball serving.	4.2A Such as arm being stretched out, knees bent and follow through
4.2B Identify ways movement concepts such as time, space, effort, and relationships can be used to refine movement skills.	4.2B Such as pacing yourself during a mile run
4.2C Make appropriate changes in performance based on feedback.	4.2C Such as steps added to a completed dance routine
4.2D Describe key elements of mature movement patterns of throw for distance or speed such as catch, kick, strike, and jump.	4.2D Such as knowing to stretch-bend-stretch while performing an overhead throw

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Language of Instruction:	Instructional Resources / Textbook Correlations:
<p><b>Fundamental movement</b> – locomotor – changes in speed in dynamic situation, repeatable sequences</p> <p><b>Manipulatives</b> – ropes, balls, hoops, Frisbees, beanbags</p> <p><b>Rhythmic activities</b> – basic folk dance steps, creative movements to music, pre-recorded activities, and other dances.</p> <p><b>Stunts/Tumbling</b> – sequences of moving and stationary balances, jumping and landing, create movement sequence,</p> <p><b>Games/Sports</b> – catch while moving, volleying, punting, similarity of skills, appropriate change with feedback, key elements of skills, low-level games, chase and flee</p>	<p><b>Coordinated School Health Program:</b> <i>SPARK</i> – Healthy Lifestyle Choices (HLC)            Dynamic Physical Education for Elementary School Children by Pangrazi            Hooked on Fitness            CATCH Box Activity Kit 3-5            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            Fitnessgram / Activitygram Reference Guide, Dallas, TX The Cooper Institute. Welk, G. J., Meredith, M.D. (Eds.). (2008).            Tae-Bo Junior – Billy Blanks            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><b>CDs</b>            Any Turkey Can Tango - Lee Campbell-Towell            Lummi Sticks for Kids - Kimbo Educational            Animal Walks - Kimbo Educational            Just Jump '98 – American Heart Association            Just Jump '99 – American Heart Association            Station to Station Pop Rhythms – Station P.E.            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>