

# Scope and Sequence

Subject	Grade	9 Weeks	Estimated Time Frame
<b>Physical Activity and Health</b>	<b>Kindergarten</b>	<b>All Year</b>	<b>Ongoing</b>
<b>TEKS / Student Expectations:</b>		<b>Examples / Specifications:</b>	
K.3A Describe and select physical activities that provide opportunities for enjoyment and challenge.		K.3A Such as tag and team games, exercise, races and contests; community activities such as YMCA activities	
K.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.		3K.B Participates in moderate to vigorous activities that develop endurance such as walking or jogging	
K.3C Participate in appropriate exercises for flexibility in shoulders, legs, and trunk.		K.3C Such as Sit and Reach, windmill and standing toe touch	
K.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.		K.3D Arm and shoulder challenges such as push ups, arm hang; abdominal challenges such as curl up variations; legs such as hopping, jumping, skipping, galloping	
K.3E Describe the benefits from involvement in daily physical activity		K.3E Such as being able to run faster; attaining stronger muscles, increased flexibility and improved heart health	
K.4A Observe and describe the immediate effect of physical activity on the heart and breathing rate and perspiration.		K.4A Such as an increase in heart, breathing and perspiration rate while running	
K.4B Locate the lungs and explain their purpose.		K.4B Such as in the chest and allows you to breathe	
K.4C State that rest and sleep are important in caring for the body.		K.4C Such as you will feel better and be able to exercise more if you get plenty of sleep each night	
K.5A Use equipment and space properly.		K.5A Such as staying in appropriate boundaries and showing respect for gym equipment	

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<p>K.5B Know and apply safety practices associated with physical activity such as not pushing in line and drinking water during activity.</p>	<p>K.5B Such as not pushing during a tag game</p>
<p>K.5C Explain how proper shoes and clothing promotes safe play and prevent injury.</p>	<p>K.5C Such as shin guards preventing leg injuries; helmets preventing serious head trauma</p>
<p>K.5D Explain appropriate water safety rules such as never swim alone, never run around pools, look before you jump, enter feet first, and know the role of the lifeguard.</p>	<p>K.5D Prevention of serious injury</p>
<p>K.5E Explain appropriate reactions during emergencies in physical activities.</p>	<p>K.5E Such as not moving a person with a possible spine injury</p>
<p><b>Language of Instruction:</b></p>	<p><b>Instructional Resources / Textbook Correlations:</b></p> <p><b>Coordinated School Health Program: SPARK</b> – Healthy Lifestyle Choices (HLC)          Dynamic Physical Education for Elementary School Children - Pangrazi          Hooked on Fitness          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          Human Body – Michael Gabb          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>Audiovisual Resources</b>          Any Turkey Can Tango - Lee Campbell-Towell          Lummi Sticks for Kids - Kimbo Educational</p>

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	Animal Walks - Kimbo Educational Goofy Over Health – Disney Educational Productions Don't Get Sick, Washup Quick with Scrubby Bear! American Red Cross Do Re Mi on His Toe Leg Me – Jim Gill The Sneezing Song and Other Contagious Tunes – Jim Gill Physical Ed – The Learning Station
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