

eDynamic Learning Course Title: Health & Physical Education 1a

State: TX
State Course Title: Lifetime Fitness and Wellness Pursuits
State Course Code: 116.62
Date of Standards: 2020

TEKS	Course Title. (a or b), if applicable, e.g. Game Design 1a	Unit Name(s)	Lesson(s) Numbers
(1) Movement patterns and movement skills. While participating in physical activity, the physically literate student applies physiological and biomechanical principles to improve health-related fitness.			
(A) apply physiological and fitness principles related to exercise and training, including warm-up and cool-down, overload, frequency, intensity, time, and specificity; and	Health and Physical Education 1a	Unit 1: What is Physical Fitness?	Lessons 2, 5
(B) apply basic biomechanical principles related to exercise and training, including force, leverage, and type of contraction.	Health and Physical Education 1a	Unit 3: Taking Fitness to the Next Level	Lesson 3
(2) Performance strategies. During physical activity, the physically literate student applies skills, techniques, and safety practices associated with physical activity.			
(A) apply appropriate procedures to ensure safety;	Health and Physical Education 1a	Unit 4: Planning for Fitness: Upgrading Your Life	Lesson 1
(B) apply appropriate practices and procedures to improve skills in various fitness activities;	Health and Physical Education 1a	Unit 4: Planning for Fitness: Upgrading Your Life	Lessons 1-3
(C) perform skills and appropriate techniques at a basic level of competency;	Health and Physical Education 1a	Unit 1: What is Physical Fitness?	Lessons 1-5
(D) modify movement during performance using appropriate internal and external feedback; and	Health and Physical Education 1a	Unit 2: The Science Behind Fitness	Lessons 1-4
(E) explain various methods to achieve personal fitness, including interval training, circuit training, high-intensity interval training (HIIT), and functional fitness training.	Health and Physical Education 1a	Unit 3: Taking Fitness to the Next Level	Lessons 2, 4, 5
(3) Health, physical activity, and fitness. The physically literate student applies fitness principles that encompass personal fitness programs, nutrition, technology, and environmental awareness.			
(A) demonstrate appropriate safety procedures, including wearing proper attire, using equipment safely, practicing exercise etiquette, and recognizing situational environmental hazards;	Health and Physical Education 1a	Unit 8: Becoming a Fit Community	Lessons 1-4

(B) identify and describe exercise techniques that may be harmful or unsafe;	Health and Physical Education 1a	Unit 8: Becoming a Fit Community	Lessons 1-4
(C) explain the relationships among hydration, physical activity, and environmental conditions;	Health and Physical Education 1a	Unit 1: What is Physical Fitness?	Lessons 4, 5
(D) explain the relationship between physical fitness and wellness;	Health and Physical Education 1a	Unit 7: Fit For Life	Lessons 1-5
(E) participate in a variety of activities that develop health-related physical fitness;	Health and Physical Education 1a	Units 1-8	All Lessons
(F) describe training principles appropriate to enhance cardiorespiratory endurance, muscular strength and endurance, and flexibility;	Health and Physical Education 1a	Unit 7: Fit For Life	Lessons 1-5
(G) exhibit a basic level of competency in two or more aerobic and two or more anaerobic activities;	Health and Physical Education 1a	Unit 1: What is Physical Fitness?	Lessons 1-5
(H) select and use appropriate technology tools to evaluate, monitor, and improve health related fitness;	Health and Physical Education 1a	Unit 6: How Has Modern Technology Changed Fitness?	Lessons 2-4
(I) design and implement a personal fitness program that includes health-related fitness components;	Health and Physical Education 1a	Unit 7: Fit For Life	Lessons 1-5
(J) measure and evaluate personal skill-related components of physical fitness, including agility, balance, coordination, power, reaction time, and speed; and	Health and Physical Education 1a	Unit 4: Planning for Fitness: Upgrading Your Life	Lessons 1-3
(K) measure and evaluate personal fitness in terms of health-related fitness components.	Health and Physical Education 1a	Unit 4: Planning for Fitness: Upgrading Your Life	Lessons 1-3
(4) Social and emotional health. During physical activity, the physically literate student develops positive self-management and social skills needed to work independently and with others.			
(A) describe and analyze the relationship between physical activity and social and emotional health;	Health and Physical Education 1a	Unit 8: Becoming a Fit Community	Lesson 1
(B) discuss how improvement is possible with appropriate practice;	Health and Physical Education 1a	Unit 3: Taking Fitness to the Next Level	Lesson 4
(C) identify and respond to challenges, successes, conflicts, and failures in physical activities in socially appropriate ways;	Health and Physical Education 1a	Unit 8: Becoming a Fit Community	Lesson 3

(D) explain how to accept successes and performance limitations of self and others by exhibiting appropriate behavior and response; and	Health and Physical Education 1a	Unit 8: Becoming a Fit Community	Lesson 3
(E) evaluate the impact of the use of technology on social and emotional health.	Health and Physical Education 1a	Unit 6: How Has Modern Technology Changed Fitness?	Lessons 1-4
(5) Lifetime wellness. The physically literate student comprehends practices that will impact daily performance, physical activity, and health throughout the lifespan.			
(A) describe how sleep is essential to optimal performance and recovery;	Health and Physical Education 1a	Unit 7: Fit For Life	Lessons 1-5
(B) identify myths associated with physical activity and nutritional practices;	Health and Physical Education 1a	Unit 4: Planning for Fitness: Upgrading Your Life	Lesson 4
(C) explain the relationship between nutritional practices and physical activity;	Health and Physical Education 1a	Unit 4: Planning for Fitness: Upgrading Your Life	Lesson 3
(D) explain the risks of over training;	Health and Physical Education 1a	Unit 1: What is Physical Fitness?	Lesson 4
(E) evaluate consumer issues and trends related to physical fitness such as marketing claims promoting fitness and nutritional products, services, and supplements; and	Health and Physical Education 1a	Unit 6: How Has Modern Technology Changed Fitness?	Lessons 1-4
(F) analyze how nutrition, exercise, and other factors impact body composition.	Health and Physical Education 1a	Unit 4: Planning for Fitness: Upgrading Your Life	Lessons 1-4