

eDynamic Learning Course Title: Middle School Personal Fitness

State: TX
State Course Title: Physical Education
State Course Code: 116.27
State Standards: Physical Education
Date of Standards: 2020

TEKS	Unit Name(s)	Lesson(s) Numbers
(1) Movement patterns and movement skills--locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate locomotor skills.		
(A) combine and apply a variety of locomotor skills during dynamic fitness, sport, and rhythmic activities; and	Unit 8: Training for Life	Activity 1
(B) apply correct jumping and landing technique during dynamic activities, game situations, and sports.	Unit 3: The Fitness Inside	Activity 2
(2) Movement patterns and movement skills--non-locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate non-locomotor skills.		
(A) move between positions with controlled balance during dynamic activities, game situations, and sports; and	Unit 2: Your Body is a Machine	Activity 2
(B) demonstrate proper body positioning, proficiency, and footwork and perform offensive and defensive skills during dynamic activities, game situations, and sports.	Unit 8: Training for Life	Activity 1
(3) Movement patterns and movement skills--manipulative skills. The physically literate student demonstrates competency in developmentally appropriate manipulative skills.		
(A) apply correct throwing techniques with distance, power, and accuracy while both partners are moving during dynamic activities, game situations, and sports;	Unit 2: Your Body is a Machine	Activity 2
(B) apply correct catching technique with a variety of objects from different levels and trajectories during dynamic activities, game situations, and sports;	Unit 5: Finding Your Fitness Team	Activity 2
(C) apply offensive and defensive patterns in game strategies while hand dribbling;	Unit 5: Finding Your Fitness Team	Activity 2
(D) apply offensive and defensive foot dribbling strategies during game situations and sports;	Unit 5: Finding Your Fitness Team	Activity 2
(E) apply correct technique in kicking and punting with control, distance, and accuracy during game situations and sports;	Unit 5: Finding Your Fitness Team	Activity 1
(F) apply correct technique in volleying with both control and accuracy during game situations and sports;	Unit 5: Finding Your Fitness Team	Activity 2
(G) apply correct technique when striking an object with speed, accuracy, force, and distance during game situations and sports; and	Unit 2: Your Body is a Machine	Lesson 3

(H) create and perform a jump rope routine using a variety of skills that require agility, speed, and endurance.	Unit 3: The Fitness Inside	Lessons 1-3
(4) Movement patterns and movement skills--spatial and body awareness. The physically literate student demonstrates competency in spatial and body awareness, including pathways, shapes, levels, speed, direction, and force.		
(A) execute the appropriate use of open space and closing space during dynamic activities, games, and sports; and	Unit 8: Training for Life	Activity 1
(B) execute the appropriate use of speed, direction, and force with or without an implement during dynamic activities, games, and sports.	Unit 3: The Fitness Inside	Lessons 1-3
(5) Movement patterns and movement skills--rhythmic activities. The physically literate student demonstrates competency in rhythmic activities and rhythmic combinations. The student is expected to perform rhythmic routines with advanced steps and movement patterns with a partner.	Unit 2: Your Body is a Machine	Activity 2
(6) Performance strategies--games and activities. The physically literate student demonstrates competency in performance strategies in invasion, target, net or wall, fielding, striking, and cooperative games.		
(A) apply offensive and defensive strategies used in net or wall, invasion, target, striking, and fielding games and sports;	Unit 8: Training for Life	Lesson 1
(B) apply combinations or sequences of game skills to achieve individual or team goals; and	Unit 8: Training for Life	Activity 1
(C) demonstrate self-responsibility and appropriate sporting behavior in game situations and sports.	Unit 2: Your Body is a Machine	Lesson 4
(7) Performance strategies--outdoor and recreational pursuits. The physically literate student demonstrates competency in outdoor and recreational pursuits. The student is expected to demonstrate a variety of correct techniques for outdoor recreational skills, activities, and games.	Unit 8: Training for Life	Activity 1
(8) Health, physical activity, and fitness--fitness principles. The physically literate student demonstrates and recognizes a health-enhancing, physically active lifestyle.		
(A) analyze the long-term benefits of moderate to vigorous physical activity on overall health and wellness;	Unit 1: Your Body, Your Home	Activity 1
(B) apply basic frequency, intensity, time, and type (FITT) principle in a variety of aerobic and anaerobic activities; and	Unit 1: Your Body, Your Home	Lesson 1
(C) apply health-related and skill-related fitness components and explain how each component impacts personal fitness.	Unit 7: Does Your Body Fit?	Lessons 1, 3

(9) Health, physical activity, and fitness--analyze data. The physically literate student demonstrates competency in the ability to analyze data used during fitness performance.		
(A) create a collaborative physical fitness plan to target areas for improvement in health related fitness; and	Unit 4: Mind Your Own Fitness	Lesson 4
(B) monitor and evaluate personal fitness goals and make appropriate changes for improvement.	Unit 1: Your Body, Your Home	Lesson 4
(10) Health, physical activity, and fitness--nutrition and hydration. The physically literate student recognizes the correlation between nutrition, hydration, and physical activity.		
(A) evaluate healthy food choices that show a balanced daily intake of macronutrients to enhance physical performance; and	Unit 6: Finding Energy in Food	Lesson 3
(B) analyze and determine the appropriate times to consume traditional sports drinks that have the appropriate carbohydrate and sodium content.	Unit 6: Finding Energy in Food	Lesson 2
(11) Health, physical activity, and fitness--environmental awareness and safety practices. The physically literate student demonstrates competency in environmental awareness and understands safety practices.		
(A) perform, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports; and	Unit 2: Your Body is a Machine	Lesson 4
(B) perform, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety.	Unit 2: Your Body is a Machine	Lesson 4
(12) Social and emotional health--personal responsibility and self-management. The physically literate student demonstrates competency in personal responsibility.		
(A) discuss the importance of and demonstrate respect for differences and similarities in abilities of self and others during game situations and sports; and	Unit 2: Your Body is a Machine	Lesson 4
(B) analyze self-management skills to demonstrate self-control of impulses and emotions, without cue, during game situations and sports.	Unit 2: Your Body is a Machine	Lesson 4
(13) Social and emotional health--resolving conflict and social interaction. The physically literate student demonstrates competency in resolving conflict and social interaction.		
(A) discuss the importance of and resolve conflict, without cue, in socially acceptable ways, and respond to winning and losing with dignity and understanding;	Unit 5: Finding Your Fitness Team	Lessons 1-3
(B) communicate effectively to enhance healthy interactions while settling disagreements; and	Unit 2: Your Body is a Machine	Activity 1
(C) demonstrate empathy and mutual respect for the feelings of others.	Unit 5: Finding Your Fitness Team	Lessons 1-3
(14) Social and emotional health--perseverance. The physically literate student perseveres while addressing challenges. The student is expected to develop and apply a plan of action and make effective decisions when faced with challenges, obstacles, or difficulties during game situations and sports.	Unit 3: The Fitness Inside	Lesson 2

(15) Social and emotional health--accepting and providing constructive feedback. The physically literate student accepts and provides constructive feedback. The student is expected to provide constructive feedback to peers following teacher guidelines to improve performance.	Unit 5: Finding Your Fitness Team	Lesson 2
(16) Lifetime wellness--application of lifetime wellness. The physically literate student identifies the value of lifetime wellness.		
(A) implement a plan using available technology to participate in moderate to vigorous physical activity for a sustained period of time on a regular basis; and	Unit 4: Mind Your Own Fitness	Lesson 4
(B) evaluate self-selected physical activities for personal enjoyment.	Unit 4: Mind Your Own Fitness	Lesson 4