

Middle School Physical Education (6, 7, & 8)

(2025–2026)

Course Description

The physical education program at the middle school level is designed to develop physical fitness, motor ability, sportsmanship, teamwork, and a knowledge of physical health and overall wellness. Also, required by Senate Bill 42, the physical education program incorporates a coordinated health approach to preventing obesity, cardiovascular disease, and Type II diabetes.

The primary aims of the physical education program are to teach movement patterns, performance strategies, rules of team and individual sports, lifetime wellness, and to encourage the enjoyment of physical activity. Efforts to promote a lifelong interest in physical fitness are achieved through instruction and the use of heart rate monitors, pedometers, and authentic assessments appropriate for students. Included in the physical education program are team sports, wellness components, and lifetime fitness activities. The curriculum, as appropriate, can be coeducational. A health-related physical fitness test is administered at each grade level throughout the school year.

Texas Essential Knowledge and Skills: Middle School PE

1st Grading Period

Units	Start Date	End Date
<ul style="list-style-type: none">• Locomotor Skills• Non-Locomotor Skills• Manipulative Skills• Games and Activities• Warm-up/Cool down• Benefits Of Physical Activity• Personal Health and Hygiene	Aug. 13, 2025	Oct. 9, 2025

2nd Grading Period

Units	Start Date	End Date
<ul style="list-style-type: none">• Locomotor/Non-Locomotor Skill Combinations• Spatial and Body Awareness• Safety Practices• Games and Activities• Warm-Up/Cool Down• Benefits of Physical Activity• Healthy Physical Activity	Oct. 15, 2025	Dec. 8, 2025

3rd Grading Period

Units	Start Date	End Date
<ul style="list-style-type: none">• Components Of Mvpa (Moderate To Vigorous Physical Activity)• FITT• Rhythmic Activities• Fitnessgram• Games and Activities Warm-Up/Cool Down• Benefits of Physical Activity• Evaluating Health Information	Jan. 6, 2026	March 6, 2026

4th Grading Period

Units	Start Date	End Date
<ul style="list-style-type: none">• Lifetime Fitness Activities• Understanding Health-Enhancing Lifestyles MVPA and Lifetime Activities• Games and Activities• Warm-Up/Cool Down• Benefits of Physical Activity• Safety and First Aid	March 16, 2026	May 28, 2026

Lessons in the curriculum will include: Movement Patterns and Movement Skills, Performance Strategies, Health, Physical Activity, and Fitness, Social and Emotional Health, and Lifetime Wellness.

Notes:

**The length of each unit is a specific number of days, but it is understood that there is a range of +/- a day. The purpose of the flexibility is to allow teachers the opportunity to plan for the needs of their students and to accommodate re- teaching or review when necessary.

Instructional Material(s):

Health TEKS covered by Goodheart-Willcox