

ELEMENTARY PHYSICAL EDUCATION SYLLABUS

Course Description/Goals:

In elementary physical education, students build the foundation for an active and healthy lifestyle through fun, engaging movement experiences. They explore a wide variety of physical activities designed to develop coordination, balance, and overall body control. The program encourages students to make positive choices about staying active, working cooperatively with others, and understanding how movement contributes to overall well-being. Through games, fitness routines, and group challenges, students begin to grasp important concepts like playing by the rules, practicing good sportsmanship, and resolving conflicts respectfully. Lessons also highlight the importance of safety, hydration, and healthy habits. Physical education provides opportunities for students to build confidence, express themselves through movement, and experience the joy of being active in a supportive environment.

Course TEKS/Objectives:

In Kindergarten-Grade 5, students learn fundamental movement skills and cues; begin to understand that the body functions in relation to physical activity; develop body control; become aware of the health-related fitness components; begin applying strategies, rules, etiquette, and conflict resolution techniques in dynamic situations; and identify safety practices and protocols while being physically active. Students engage in activities that develop basic levels of strength, endurance, and flexibility. Activities are presented to complement a student's natural inclination to view physical activity as challenging and enjoyable.

https://texas-sos.appianportalsgov.com/rules-and-meetings?chapter=116&interface=VIEW_TAC&part=2&subchapter=A&title=19

Course Outline:

- Personal Responsibility & Self-Management
- Movement Patterns & Fitness
- Target Activities
- Invasion Activities
- Rhythmic Activities
- Net & Wall Activities
- Fielding & Striking Activities
- Outdoor & Recreation