

Calallen ISD 2025-2026
Syllabus - Template

Campuses: Calallen Wood River and East Elementary

Course and/or Grade Level: PreK-2nd P.E. and Health

Course Description: The goal of physical education is to develop physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

Semester 1: August 13 – December 19, 2025

1st Quarter Topics	2nd Quarter Topics
Orientation rules and procedures, safety and sportsmanship Movement Skills movement terms, locomotor, non-locomotor, chasing, dodging, fleeing Body Parts/Systems/Fitness strength, endurance, flexibility Low Organized Games corporative games, holiday games Health -Establish a daily fitness routine -Elements of healthy lifestyle -Setting goals for fitness -Dental	Throwing, and Catching skills and games Dance/Rhythm holiday dances (programs), rhythm sticks Kicking and Dribbling skills and games, intro to soccer Low Organized Games corporative games, holiday games Health -Red Ribbon Week-unhealthy substances have a negative effect on the body -Fire Safety/911 -Nutrition -Water

Semester 2: January 5 – May 29, 2026

3 rd Quarter Topics	4 th Quarter Topics
Orientation- Review rules and procedures, safety and sportsmanship Bouncing and Catching skills and games, intro to basketball Balance and Coordination skills: intro to gymnastics, ninja warrior, parkour Jump Rope skills and games Low Organized Games corporative games, holiday games Health -Heart and lung health -Core values of character development -Sleep	Aerobic/Recreational Games Track and Field tag games, speed/agility, yard games Parachute skills and games Striking and Volleying skills and games Low Organized Games corporative games, holiday games Bike Rodeo Field Day Health -Relationship skills, social awareness, self-management, responsible decision making -Outdoor Safety

**Minor adjustment to the schedule may be made based on campus schedules and student needs.*