

High School Physical Education

(Skill-Based Lifetime Activities)

Course Description: The Skill-Based Lifetime Activities course offers students the opportunity to demonstrate mastery in basic sports, basic sport knowledge, and health and fitness principles. Students experience opportunities that promote physical literacy and lifetime wellness. Students in Skill-Based Lifetime Activities will participate in a minimum of one lifelong fitness activity. The learning emphasis for this course will be based on: target games, striking/fielding games, fitness activities, rhythmic activities and innovative games and activities of international significance such as those using new or innovative equipment, have been created by students, or are played internationally.

Texas Essential Knowledge and Skills:

[Chapter 116.64 Texas Essential Knowledge and Skills for Skill-Based Lifetime Activities](#)

Grading Period 1	Start Date	End Date
Lifetime Activities Components of Health Innovative Games Games and Activities Warm-up/Cool Down Personal Health and Hygiene	08/12/26	10/08/26
Grading Period 2	Start Date	End Date
Skill performance consistency Elements for Successful Performance Benefits of lifelong activity Games and Activities Warm-up/Cool Down Benefits of long-term fitness Healthy Physical Activity	10/19/26	12/18/26

Grading Period 3	Start Date	End Date
Personal Responsibility and Officiating Lifetime Fitness Activities Fitnessgram Warm-up/Cool Down Benefits of long-term fitness Evaluating Health Information	01/05/27	03/11/27
Grading Period 4	Start Date	End Date
Lifelong activities for enjoyment Impact of Sleep and Recovery Games and Activities Warm-up/Cool Down Benefits of long-term fitness Safety and First Aid	03/22/27	05/27/27

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.