



ELEMENTARY
K-5 PE YEAR AT A GLANCE
COACH BURGESS

Program Goals

Students will:

- **Develop competency in fundamental movement skills.**
- **Improve health-related fitness.**
- **Demonstrate responsible personal and social behaviors.**
- **Understand movement concepts and game strategies.**
- **Value lifelong physical activity.**

TOPICS COVERED	DATES	TEKS
1st Six Weeks Unit: Foundations of Physical Education	AUGUST 12 - SEPTEMBER 24	TEKS Focus ● Safety ● Personal responsibility ● Locomotor movement

Essential Question How do we move safely while learning fundamental movement skills?		• Spatial awareness • Cooperative behaviors Skills • Walking • Running • Skipping • Galloping • Sliding • Hopping • Jumping • Landing • Balance • Personal space
2nd Six Weeks Unit: Manipulative Skills Essential Question How do we control objects using different body parts?	SEPTEMBER 28 - NOVEMBER 6	TEKS Focus • Throwing • Catching • Rolling • Dribbling • Striking • Kicking Skills • Underhand throw • Overhand throw • Catching • Rolling

		• Soccer dribbling • Basketball dribbling • Foot passing • Volleying
3rd Six Weeks Unit: Health-Related Fitness Essential Question How does exercise improve our health?	NOVEMBER 9 - DECEMBER 18	TEKS Focus Skills • Curl-ups • Push-ups • Planks • Jump rope • Shuttle run • Stretching • Circuit training Activities • Fitness stations • Relay races • Interval training • Heart-rate lessons • Fitness games • Individual goal setting
4th Six Weeks	JANUARY 5 - FEBRUARY 12	TEKS Focus • Offensive concepts • Defensive concepts

Unit: Team Sports & Strategy Essential Question How do teamwork and strategy improve game performance?		• Cooperation • Sportsmanship • Communication Sports • Basketball • Soccer • Football • Volleyball
5th Six Weeks Unit: Rhythm, Dance & Lifetime Activities Essential Question How can movement be used for recreation throughout life?	FEBRUARY 15 - APRIL 2	TEKS Focus • Rhythm • Dance • Coordination • Lifetime fitness Skills • Line dances • Rhythmic movement • Jump rope • Yoga • Aerobics
6th Six Weeks	APRIL 5 - MAY 19	TEKS Focus • Application of movement skills • Leadership

Unit: Track & Field / Field Day Essential Question How do we demonstrate the skills we've learned throughout the year? TEKS Focus		• Teamwork • Fitness • Sportsmanship Skills • Sprinting • Distance running • Standing long jump • Throwing events • Relays
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Instructional Strategies

- Direct instruction
- Station rotations
- Cooperative learning
- Peer teaching
- Small-group instruction
- Whole-group games
- Skill progression
- Guided discovery

Six Weeks

Assessment Plan

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| 1st | Locomotor skills and safety checklist |
| 2nd | Manipulative skills rubric |

3rd	Health-related fitness assessment and personal goals
4th	Teamwork, strategy, and sportsmanship observation
5th	Rhythm/lifetime activity performance assessment
6th	End-of-year skills portfolio, fitness growth, and Field Day participation

This pacing is designed to provide balanced coverage of movement skills, fitness, personal and social responsibility, and game concepts while allowing flexibility for district calendars and local priorities. It aligns with the TEKS framework but can be adjusted to accommodate weather, facilities, and available equipment.