

BCISD SYLLABUS

PHYSICAL EDUCATION

3RD- 5th

Bishop Elementary

COURSE OVERVIEW

Building fundamental movement skills, spatial awareness, body management, and basic social-emotional habits through play-based and structured physical activities.

Campus Contact

361-584-3571

3rd Grade: Coach Soliz

4th Grade: Coach Esquivel & Coach Soliz

5th Grade: Coach Torres

ASSESSMENT & GRADING CRITERIA

- At the PK-2 level, grading emphasizes effort, participation, and skill progression rather than competitive mastery.
- Active Participation & Effort (50%): Enters class ready to move, tries new activities, and stays actively engaged.
- Behavior & Social Responsibility (30%): Respects teacher and peers, shares equipment, follows safety rules, and listens carefully to directions.
- Skill Demonstration & Progress (20%): Demonstrates age-appropriate movement patterns and attempts skill mechanics (e.g., stepping with the opposite foot when throwing).
- Grades include: E (Excellent), S (Satisfactory), N (Needs Improvement), & U (Unsatisfactory)

WHAT WE'LL LEARN

MOTOR SKILLS & MOVEMENT

PRACTICE LOCOMOTOR, NON-LOCOMOTOR, MANIPULATIVE, AND SPORT-SPECIFIC SKILLS.

FITNESS & WELLNESS

DEVELOP CARDIOVASCULAR ENDURANCE, STRENGTH, FLEXIBILITY, AND HEALTHY HABITS.

TEAM SPORTS & ACTIVITIES

LEARN RULES, STRATEGIES, COMMUNICATION, AND COOPERATION THROUGH MODIFIED GAMES.

SPORTSMANSHIP & LEADERSHIP

DEMONSTRATE RESPECT, RESPONSIBILITY, TEAMWORK, ENCOURAGEMENT, AND LEADERSHIP.

WHAT TO BRING

- ┐ PE uniform or approved athletic clothing
- ┐ Secure athletic shoes
- ┐ Water bottle labeled with your name

For a List of TEKS and Materials see attached.

BISHOP CISD PHYSICAL EDUCATION
3rd-5th GRADE

Material	TITLE	3 rd Grade TEKS	4 th GRADE TEKS	5 th GRADE TEKS		TITLE	3 rd Grade TEKS	4 th GRADE TEKS	5 th GRADE TEKS
Rules Scale Measure	ORIENTATION/ ORGANIZED GAMES Rules Procedures Introduction to exercise Safety Sportsmanship Ice breaker Activities Organized Games Team Building Activities Heights and Weights	3.1,2,3,4 5,6,7	4.3,4,5 6,7	5.4,5 6,7	Music Cones Tape Radio Computer	RHYTHMIC DANCE Folk Dance Square Dance Hip Hop Line Dance Latin Dance Zumba Movement to Music Activities(manipulatives) to music	3.1,2,3,4 5,7,11	4.1,2,3,4, 5,7,11	5.1,2,3,4 5,6,7,11
Cones	FUNDAMENTAL SKILLS: Manipulatives skills Locomotor skills Non Locomotor skills Perceptual Awareness Directionality/Patterns Organized Games	3.1,2,3,4 5,6	4.1,2,3,4 5,6,7	5.1,2,3 4,5,6	Cones	GYMNASTIC SKILLS: Gross Motor skills Balances Rolls(log, forward, backward) Tumbling(Cartwheels)	3.1,2,3,4	4.1	5.1
Baton Cones Ruler	FITNESS SKILLS: Gross Motor skills Aerobics Calisthenics(Fitness Gram) Circuit Training Running Activities/relays Obstacle course CATCH: Go Fitness(pink)	3.1,3,4 5,6	4.1,2,3,4 5,6,7	5.1,2,3,4 5,6	Basketballs Soccer Balls Volleyball Cones	SORTS : Modified Lead up Activities Basketball(dribbling, passing, catching, shooting) Volleyball (Set, passing, serving) Soccer(passing, dribbling, kicking, trapping(chest&legs)	3.1,2, 4,5,6,7	4.1,2,3 5,6,7	5.1,2,3,4, 5,6,7
Jump Rope	JUMP ROPE ACTIVITIES: Skill work Types of Jumps Types of Ropes Routines	3.1,3,4 5,6	4. 1,2,3 4,5,6,7	5.1,2,3 4,5,6	Cones Bats	Manipulative Skills/Activities Cooperative Activities Team Building Activities Throwing and Catching Games/ Activities/Relays	3.1,2,3, 4,5,6,7	4.1,2,3,4, 5,6,7	5. 1,2,3,4 5,6,7
Footballs Balls Bases Bats	SPORTS: Modified Lead up Activities Football (Passing, catching, kicking) Softball, Baseball(throwing, catching, hitting, fielding, base running, rules) Kickball(throwing, catching, dodging, kicking, rules)	3.1,2,3,4 5,6,7	4.1,2,3 4,6,7	2.1,2,3 4,5,6,7	Timer Ruler Scale Measure	FITNESS GRAM TESTING Mile Run Curl ups Modified Pull ups Sit and Reach Trunk Lift Height and Weight(BMI)	3.3,4	4. 3,4	5.3,4