

Physical Education/Health	New Physical Education Course Titles	
LFWP	Lifetime Fitness and Wellness Pursuits (Replaces Foundations of Personal Fitness) -cardiovascular health, muscular strength, muscular endurance, flexibility, body composition	
SBLA	Skill-Based Lifetime Activities (Replaces Individual Sports, Team Sports, and Aerobic Activities) -target games, striking and fielding, fitness activities, rhythmic activities, innovative games, international activities	
LROP	Lifetime Recreation and Outdoor Pursuits (Replaces Adventure Outdoor Education) -challenge course or team building, archery, orienteering, survival skills and CPR/first aid, trip planning, hiking, angling -backpacking, camping, outdoor cooking, lawn games, disc sports, conservation issues, environmental issues	
Campus Name	Fall Semester Scope & Sequence: 18 Weeks	
PE/Health	First Time Quality Instruction: TEKS Aligned, Skill Building, Checking For Understanding, Monitor & Adjust, Assessments	
Week 1: Aug 11-14	Unit: Rules & Procedures/Expectations/Safe Behaviors	
	<i>Activity For The Skill Development Of:</i>	
Student Connections & Expectations	Monday: Activities that demonstrate connections & classroom expectations	
Student Connections & Expectations	Tuesday: Activities that demonstrate connections & classroom expectations	
Student Connections & Expectations	Wednesday: Activities that demonstrate connections & classroom expectations	
Student Connections & Expectations	Thursday: Develop routines and procedures to transition classes between activities and locations	
Student Connections & Expectations	Friday: Re-enforce routines and procedures to transition classes between activities and locations	
Week 2: Aug 17-21	Unit: Classroom Cultures/Communication/Leadership/Team Building (Lifetime Recreation and Outdoor Pursuits & Skill-Based Lifetime Activities)	
Reivew Expectations & Team Building	Monday: Activity for the skill development of	
Reivew Expectations & Team Building	Tuesday: Activity for the skill devleopment of	
Reivew Expectations & Team Building	Wednesday: Activity of the skill development of	
Reivew Expectations & Team Building	Thursday: Activity for the skill devleopment of	
Reivew Expectations & Team Building	Friday: Activity for the skill devleopment of	
Week 3: Aug 24-28	Unit: Team Building (Lifetime Recreation and Outdoor Pursuits & Skill-Based Lifetime Activities)	
Ice Breakers	Monday: Activity for the skill development of	
Ice Breakers	Tuesday: Activity for the skill devleopment of	
Ice Breakers	Wednesday: Activity of the skill development of	
Ice Breakers	Thursday: Activity for the skill devleopment of	
Ice Breakers	Friday: Activity for the skill devleopment of	
Week 4: Aug 31-Sept 4 (TIA 20m Pacer Testing Window)	Unit: Pre-assess Fitness/Skills, Body Composition, Nutrition, Goal Setting (Lifetime Fitness and Wellness Pursuits)	
	Monday: LABOR DAY	
	Tuesday: Activity for the skill devleopment of	
	Wednesday: Activity of the skill development of	
	Thursday: Activity for the skill devleopment of	
	Friday: Activity for the skill devleopment of	
Week 5: Sept 7-11 (TIA 20m Pacer Testing Window)	Unit: Cardiovascular Endurance & Muscular Strength and Endurance, Flexibility, Mobility,(Lifetime Fitness and Wellness Pursuits)	
Circuit Training, HITT (High Intensity Interval Training)	Muscular Monday: Activity for the skill devleopment of	
Aerobic/Anaerobic	Track Tuesday: Activity for the skill devleopment of	
Flexibility, Mobility, Nutrition	Wellness Wednesday: Activity for the skill devleopment of	
Social Emotional Lesson	Think It Out Thursday: Activity for the skill devleopment of	
Active Recovery	Friday: Activity for the skill devleopment of	
Week 6: Sept 14-18 (TIA 20m Pacer Testing Window)	Unit: Tchoukball(Skill-Based Lifetime Activities)	
Video Intro/ Basic Skill	Monday: Activity for the skill development of	
Basic Skill	Tuesday: Activity for the skill devleopment of	

Start/Stop Teach	Wednesday: Activity of the skill development of	
Game Play	Thursday: Activity for the skill development of	
	Friday: Activity for the skill development of	
Week 7: Sept 21-25 (TIA 20m Pacer Make-Up Window)	Unit: Tchoukball(Skill-Based Lifetime Activities)	
Competitive Play	Monday: Activity for the skill development of	
Competitive Play	Tuesday: Activity for the skill development of	
Competitive Play	Wednesday: Activity of the skill development of	
Active Assessment During Play	Thursday: Activity for the skill development of	
	Friday: Activity for the skill development of	
Week 8: Sept 28-Oct 2 (TIA 20m Pacer Entry Due)	Unit: Cardiovascular Endurance & Muscular Strength and Endurance, Flexibility, Mobility,(Lifetime Fitness and Wellness Pursuits)	
Circuit Training, HITT (High Intensity Interval Training)	Monday: Activity for the skill development of	
Aerobic/Anaerobic	Tuesday: Activity for the skill development of	
Flexibility, Mobility, Nutrition	Wednesday: Activity of the skill development of	
Social Emotional Lesson	Thursday: Activity for the skill development of	
Active Recovery	Friday: Activity for the skill development of	
Week 9: Oct 5-9	Unit: Badminton(Skill-Based Lifetime Activities)	
Video Intro/ Basic Skill	Monday: Activity for the skill development of	
Basic Skill	Tuesday: Activity for the skill development of	
Start/Stop Teach	Wednesday: Activity of the skill development of	
Game Play	Thursday: Activity for the skill development of	
	Friday: Activity for the skill development of	
Week 10: Oct 12-16	Unit: Badminton(Skill-Based Lifetime Activities)	
Competitive Play	Monday: Holiday	
Competitive Play	Tuesday: Professional Development / Student Holiday	
Competitive Play	Wednesday: Activity of the skill development of	
Active Assessment During Play	Thursday: Activity for the skill development of	
	Friday: Activity for the skill development of	
Week 11: Oct 19-23	Unit: Cardiovascular Endurance & Muscular Strength and Endurance, Flexibility, Mobility(Lifetime Fitness and Wellness Pursuits)	
Circuit Training, HITT (High Intensity Interval Training)	Muscular Monday: Activity for the skill development of	
Aerobic/Anaerobic	Track Tuesday: Activity for the skill development of	
Flexibility, Mobility, Nutrition	Wellness Wednesday: Activity for the skill development of	
Social Emotional Lesson	Think It Out Thursday: Activity for the skill development of	
Active Recovery	Friday: Activity for the skill development of	
Week 12: Oct 26-30	Unit: Volleyball(Skill-Based Lifetime Activities)	
WU/Rules /Intro Video	Monday: Activity for the skill development of	
Skill Development	Tuesday: Activity for the skill development of	
Skill Development	Wednesday: Activity of the skill development of	
Stop-Start-Teaching	Thursday: Activity for the skill development of	
	Friday: Activity for the skill development of	
Week 13: Nov 2-6	Unit: Volleyball(Skill-Based Lifetime Activities)	
Competitive Play/Tournament	Monday: Activity for the skill development of	
Competitive Play/Tournament	Tuesday: Activity for the skill development of	
Competitive Play/Tournament	Wednesday: Activity of the skill development of	
Active Assessment	Thursday: Activity for the skill development of	
	Friday: Activity for the skill development of	
Week 14: Nov 9-13	Unit: CPR & First Aid(Lifetime Recreation and Outdoor Pursuits)	

Video Introduction	Monday: Activity for the skill development of	
Hands On/ Video Work	Tuesday: Activity for the skill development of	
Hands On/ Video Work	Wednesday: Activity of the skill development of	
Hands On/ Video Work	Thursday: Activity for the skill development of	
	Friday: Activity for the skill development of	
Week 15: Nov 16-20	Unit: CPR & First Aid Outdoor Survival/ Safety(Lifetime Recreation and Outdoor Pursuits)	
Scavenger Hunt (CPR & AED)	Monday: Activity for the skill development of	
Online Certification	Tuesday: Activity for the skill development of	
Online Certification	Wednesday: Activity of the skill development of	
Online Certification	Thursday: Activity for the skill development of	
Online Certification	Friday: Activity for the skill development of	
Nov 23-27	THANKSGIVING BREAK	
Week 16: Nov 30-Dec 4	Unit: Pickleball(Skill-Based Lifetime Activities)	
Video Intro/ Basic Skill	Monday: Activity for the skill development of	
Basic Skill	Tuesday: Activity for the skill development of	
Start/Stop Teach	Wednesday: Activity of the skill development of	
Game Play	Thursday: Activity for the skill development of	
	Friday: Activity for the skill development of	
Week 17: Dec 7-11	Unit: Pickleball(Skill-Based Lifetime Activities)	
Competitive Play	Monday: Activity for the skill development of	
Competitive Play	Tuesday: Activity for the skill development of	
Competitive Play	Wednesday: Activity of the skill development of	
Active Assessment During Play	Thursday: Activity for the skill development of	
	Friday: Activity for the skill development of	
Week 18: Dec 14-18	Unit: Cardiovascular Endurance & Muscular Strength and Endurance, Flexibility, Mobility(Lifetime Fitness and Wellness Pursuits)	
Circuit Training, HITT (High Intensity Interval Training)	Muscular Monday: Activity for the skill development of	
Aerobic/Anaerobic	Track Tuesday: Activity for the skill development of	
Flexibility, Mobility, Nutrition	Wellness Wednesday: Activity for the skill development of	
Social Emotional Lesson	Think It Out Thursday: Activity for the skill development of	
Active Recovery	Friday: Activity for the skill development of	
Dec 22-Jan 2	WINTER HOLIDAY BREAK	
Campus Name	Spring Semester Scope & Sequence: 19 Weeks	
PE/Health	First Time Quality Instruction: TEKS Aligned, Skill Building, Checking For Understanding, Monitor & Adjust, Assessments	
Week 1: Jan 4-8	Unit: Rules & Procedures/Expectations/Safe Behaviors/Cultures/Communication Skills/Leadership	
	Monday: Professional Development	
Student Connections & Expectations	Tuesday: Activities that demonstrate classroom procedures and rules	
Student Connections & Expectations	Wednesday: Activities that re-enforce classroom procedures and rules	
Student Connections & Expectations	Thursday: Develop routines and procedures to transition classes between activities and locations	
Student Connections & Expectations	Friday: Re-enforce routines and procedures to transition classes between activities and locations	
Week 2: Jan 11-15	Unit: Classroom Cultures/Communication/Leadership/Team Building (Lifetime Recreation and Outdoor Pursuits & Skill-Based Lifetime Activities)	
Reivew Expectations & Team Building	Monday: Activity for the skill development of	
Reivew Expectations & Team Building	Tuesday: Activity for the skill development of	
Reivew Expectations & Team Building	Wednesday: Activity of the skill development of	
Reivew Expectations & Team Building	Thursday: Activity for the skill development of	
Reivew Expectations & Team Building	Friday: Activity for the skill development of	
Week 3: Jan 18-22	Unit: Cardiovascular Endurance & Muscular Strength and Endurance, Flexibility, Mobility(Lifetime Fitness and Wellness Pursuits)	

Circuit Training, HITT (High Intensity Interval Training)	Monday: Martin Luther King Day Holiday	
Aerobic/Anaerobic	Track Tuesday: Activity for the skill development of	
Flexibility, Mobility, Nutrition	Wellness Wednesday: Activity for the skill development of	
Social Emotional Lesson	Think It Out Thursday: Activity for the skill development of	
Active Recovery	Friday: Activity for the skill development of	
Week 4: Jan 25-29	Unit: Basketball (Skill-Based Lifetime Activities)	
WU/Rules /Intro Video	Monday: Activity for the skill development of	
Skill Development	Tuesday: Activity for the skill development of	
Skill Development	Wednesday: Activity of the skill development of	
Stop-Start-Teaching	Thursday: Activity for the skill development of	
	Friday: Activity for the skill development of	
Week 5: Feb 1-5	Unit: Basketball (Skill-Based Lifetime Activities)	
Skill Development	Monday: Activity for the skill development of	
Skill Development	Tuesday: Activity for the skill development of	
Skill Development	Wednesday: Activity of the skill development of	
Stop-Start-Teaching	Thursday: Activity for the skill development of	
	Friday: Activity for the skill development of	
Week 6: Feb 8-12	Unit: Basketball (Skill-Based Lifetime Activities)	
Competitive Play/Tournament	Monday: Activity for the skill development of	
Competitive Play/Tournament	Tuesday: Activity for the skill development of	
Competitive Play/Tournament	Wednesday: Activity of the skill development of	
Active Assessment	Thursday: Activity for the skill development of	
	Friday: Activity for the skill development of	
Week 7: Feb 15-19	Unit: Assess Fitness/Skills, Body Composition, Nutrition, Goal Setting (Lifetime Fitness and Wellness Pursuits)	
Circuit Training, HITT (High Intensity Interval Training)	Muscular Monday: Activity for the skill development of	
Aerobic/Anaerobic	Track Tuesday: Activity for the skill development of	
Flexibility, Mobility, Nutrition	Wellness Wednesday: Activity for the skill development of	
Social Emotional Lesson	Think It Out Thursday: Activity for the skill development of	
Active Recovery	Friday: Activity for the skill development of	
Week 8: Feb 22-26	Unit: Kickball (Skill-Based Lifetime Activities)	
Video Intro/ Basic Skills	Monday: Activity for the skill development of	
Basic Skill	Tuesday: Activity for the skill development of	
Start/Stop Teach	Wednesday: Activity of the skill development of	
Game Play	Thursday: Activity for the skill development of	
	Friday: Activity for the skill development of	
Week 9: Mar 1-5	Unit: FitnessGram (Lifetime Fitness and Wellness Pursuits)/Kickball (Skill-Based Lifetime Activities)	
Day 1: trunk lift; shoulder L/R(line up), rulers	Monday: Activity for the skill development of	
Day 2: trunk lift; shoulder L/R(line up), rulers	Tuesday: Activity for the skill development of	
Day 3: height/weight (activity non testers)	Wednesday: Activity of the skill development of	
Day 4: height/weight (activity non testers)	Thursday: Activity for the skill development of	
Day 5: height/weight (activity non testers)	Friday: Early Release / Track & Field HS West Texas Relays Ratliff Stadium 2231 E Yukon Rd, Odessa, TX 79765 12:00 p.m.	
Mar 8-12	SPRING BREAK	
Week 10: Mar 15-19	Unit: FitnessGram (Lifetime Fitness and Wellness Pursuits)/Kickball (Skill-Based Lifetime Activities)	
Day 1: trunk lift; shoulder L/R(line up), rulers	Monday: Activity for the skill development of	
Day 2: trunk lift; shoulder L/R(line up), rulers	Tuesday: Activity for the skill development of	
Day 3: height/weight (activity non testers)	Wednesday: Activity of the skill development of	

Day 4: height/weight (activity non testers)	Thursday: Activity for the skill development of	
Day 5: height/weight (activity non testers)	Friday: Activity for the skill development of	
Week 11: Mar 22-26: Fitness Gram Testing	Unit: Testing Window Opens For End of Year (EOY) - Full FitnessGram - including 20 meter Pacer Test)	
Day 1: push up/curl up (write and rest)	Monday: Activity for the skill development of	
Day 2: 20-meter pacer (activity non testers)	Tuesday: Activity for the skill development of	
Day 3: 20-meter pacer (activity non testers)	Wednesday: Activity of the skill development of	
Day 4: 20-meter pacer (activity non testers)	Thursday: Activity for the skill development of	
Day 5: 20-meter pacer (activity non testers)	Friday: Activity for the skill development of	
Week 12: Mar 29-Apr 2: Fitness Gram Testing	Unit: Cardiovascular Endurance & Muscular Strength and Endurance, Flexibility, Mobility,(Lifetime Fitness and Wellness Pursuits) (Testing Window Continues For End of Year (EOY) - Full FitnessGram - including 20 meter Pacer Test)	
Day 1: 20-meter pacer (activity non testers)	Monday: Activity for the skill development of	
Day 2: 20-meter pacer (activity non testers)	Tuesday: Activity for the skill development of	
Day 3: 20-meter pacer (activity non testers)	Wednesday: Activity of the skill development of	
Day 4: 20-meter pacer (activity non testers)	Thursday: Activity for the skill development of	
Day 5: 20-meter pacer (activity non testers)	Friday: Good Friday Holiday	
Week 13: Apr 5-9: Fitness Gram Testing	Unit: Kickball (Skill-Based Lifetime Activities) (Make-Up Testing Window For End of Year (EOY) - Full FitnessGram - including 20 meter Pacer Test)	
Day 1: make-up fitness gram test/Video Intro/ Basic Skills	Monday: Bad Weather Make-Up Day	
Day 2: make-up fitness gram test/Start/Stop Teach	Tuesday: Activity for the skill development of	
Day 3: make-up fitness gram test/Game Play	Wednesday: Activity of the skill development of	
Day 4: make-up fitness gram test/Game Play	Thursday: Activity for the skill development of	
Day 5: make-up fitness gram test	Friday: Activity for the skill development of	
Week 14: Apr 12-16	Unit: Softball (Skill-Based Lifetime Activities) End of Year (EOY) - Full FitnessGram - including 20 meter Pacer Test) Data entry Due Friday, April 17, 2026	
Intro/ Basic Skill	Monday: Activity for the skill development of	
Start/Stop Teach	Tuesday: Activity for the skill development of	
Game Play	Wednesday: Activity of the skill development of	
Game Play	Thursday: Activity for the skill development of	
	Friday: Activity for the skill development of (Fitness Gram Due Today)	
Week 15: Apr 19-23	Unit: Ultimate Frisbee (Lifetime Recreation and Outdoor Pursuits)	
WU/Rules /Intro Video	Monday: Activity for the skill development of	
Skill Development	Tuesday: Activity for the skill development of	
Skill Development	Wednesday: Activity of the skill development of	
Stop-Start-Teaching	Thursday: Activity for the skill development of	
	Friday: Activity for the skill development of	
Week 16: Apr 26-30	Unit: Ultimate Frisbee (Lifetime Recreation and Outdoor Pursuits)	
Game Play	Monday: Activity for the skill development of	
Competitive Play/Tournament	Tuesday: Activity for the skill development of	
Competitive Play/Tournament	Wednesday: Activity of the skill development of	
Active Assessment	Thursday: Activity for the skill development of	
	Friday: Activity for the skill development of	
Week 17: May 3-7	Unit: Minute To Win It Games/ Card Games/ Lawn Games (Lifetime Recreation and Outdoor Pursuits)	
Monday: Uno & Speed	Monday: 12 Cup GAMES: https://youtu.be/RiCpkUk_sQU?si=YUiv7TZx3syor09t	
Tuesday: Taboo	Tuesday: https://youtube.com/shorts/aDs8Whs3xT8?si=dEHUYQQ_XN67Z7LL	
Wednesday: Bootleg Charades	Wednesday: Balloon Cup Stack: https://youtube.com/shorts/lpm33g3Cwvl?si=vvUADqe8ilpOxDg4	
Thursday: 5 Second Rule	Thursday: Up or Down: https://youtube.com/shorts/YHyRX5-b0Lk?si=apAbSCDw6SIzadsU ; Cup Stack Challenge: https://youtube.com/shorts/e_JcQutC048?si=AXDazeVZxZWYJmd9	
Friday: Connect 4, Jenga, Bingo Hall	Friday: Pencil Catch & Hot Air Push: https://youtube.com/shorts/jVb-WXIT3Yg?si=iebkEkek2jpJsSRp	
Week 18: May 10-14	Unit: Nutrition Project (Cardiovascular Endurance & Muscular Strength and Endurance, Flexibility, Mobility(Lifetime Fitness and Wellness Pursuits)	

Team Building Summer Fun	Monday: Activity for the skill development of	
Team Building Summer Fun	Tuesday: Activity for the skill deveopment of	
Team Building Summer Fun	Wednesday: Activity of the skill development of	
Team Building Summer Fun	Thursday: Activity for the skill deveopment of	
Team Building Summer Fun	Friday: Acitivity for the skill deveopment of	
Week 19: May 17-21	Unit: Field Day	
Fun Under The Sun	Monday: Activity for the skill development of	
Fun Under The Sun	Tuesday: Activity for the skill deveopment of	
Fun Under The Sun	Wednesday: Activity of the skill development of	
Fun Under The Sun	Thursday: Activity of the skill development of	
Fun Under The Sun	Friday: Activity of the skill development of	
Week 19: May 17-21	Final Exams / Fun Under The Sun (Cardiovascular Endurance & Muscular Strength and Endurance, Flexibility, Mobility(Lifetime Fitness and Wellness Pursuits)	
Final Exams & Fun Under The Sun	Monday: Activity for the skill development of	
Final Exams & Fun Under The Sun	Tuesday: Activity for the skill deveopment of	
Final Exams & Fun Under The Sun	Wednesday: Activity of the skill development of	
Final Exams & Fun Under The Sun	Thursday: End of School	
	Friday: Records Day	