

Scope and Sequence
Grade: PK-2nd Subject: Physical Education & Health
Theme: PE: Power Moves

1st Quarter			
Week	Unit/Lesson	Learning Objectives: Foundations of Movement	Reporting Categories (TEKS SEs)
Week 1	Treasure Hunters	Understand PE expectations, rules, and how to move safely in space.	PK.5-2.5 Physical activity and health The student understands safety practices associated with physical activity and space
Week 2	Hoopla	Identify personal space and general space through movement activities.	PK.5-2.5 Physical activity and health The student understands safety practices associated with physical activity and space
Week 3	Listen & Move	Demonstrate basic locomotor skills: walk, run, hop, skate, gallop, tip toe and jump.	PK.2-2.2 Movement The student applies movement concepts and principles to the learning and development of motor skills
Week 4	Listen & Move 2	Practice skipping, galloping, and side sliding with control.	PK.2-2.2 Movement The student applies movement concepts and principles to the learning and development of motor skills
Week 5	Animal Fitness	Explore levels (high, medium, low) and pathways (straight, curved, zigzag).	PK.1-2.1 Movement The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms
Week 6	Thunder Jets	Participate in movement games that build spatial awareness.	PK.5-2.5 Physical activity and health The student understands safety practices associated with physical activity and space
Week 7	Loco motor Fun	Combine locomotor skills in sequences (e.g., run + hop + jump).	PK.1-2.1 Movement The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms
Week 8	Freeze Dance	Respond to visual and verbal cues (stop/go, freeze, music cues).	PK.2-2.2 Movement The student applies movement concepts and principles to the learning and development of motor skills
Week 9	Balance & Coordination	Understand and perform basic stretches during warm-up and cool-down.	PK.1-2.1 Movement The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms

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2nd Quarter			
Week	Unit/Lesson	Learning Objectives: Skill Builders & Teamwork	Reporting Categories (TEKS SEs)
Week 1	Stuffed Animal Fitness	Demonstrate underhand throwing and catching with a partner.	PK.6-2.6 Social Development The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics
Week 2	Over and Under	Explore overhand throwing with proper form.	PK.7-2.7 Social Development The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.
Week 3	Toss 3	Practice catching with two hands using balloons, beanbags, or foam balls.	PK.3-2.3 Physical activity and health. The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge
Week 4	Dribble Drills	Demonstrate dribbling with hands	PK.3-2.3 Physical activity and health. The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge
Week 5	Kickball	Kick a stationary ball with accuracy and control.	PK.7-2.7 Social Development The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.
Week 6	Soccer Drills	Begin rolling and trapping skills using feet and hands.	PK.7-2.7 Social Development The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.
Week 7	Football	Engage in small-group games using throwing and catching.	PK.7-2.7 Social Development The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.
Week 8	Volleyball	Practice teamwork and encouragement in cooperative activities.	PK.7-2.7 Social Development The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.
Week 9	Relay Races	Participate in group relays using learned manipulative skills.	PK.7-2.7 Social Development The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

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3rd Quarter			
Week	Unit/Lesson	Learning Objectives: Fitness & Body Awareness	Reporting Categories (TEKS SEs)
Week 1	Kids Heart Challenge	Identify body parts used during exercise (arms, legs, core, etc.).	PK.4-2.4 Physical activity and health. The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 2	Jump Rope	Participate in activities that build muscular strength and endurance.	PK.4-2.4 Physical activity and health. The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
Week 3	Shape Shifting	Demonstrate flexibility through stretching routines.	PK.3-2.3 Physical activity and health. The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge
Week 4	Yoga	Perform balance and coordination tasks (e.g., balance beams, yoga poses).	PK.3-2.3 Physical activity and health. The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge
Week 5	Heart Heroes	Engage in fitness stations focusing on heart, muscles, and lungs.	PK.1-2.1 Movement The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms
Week 6	Heart Power	Understand the effects of physical activity on heart rate and breathing.	PK.5-2.5 Physical activity and health The student understands safety practices associated with physical activity and space
Week 7	Crab Dodgeball	Try new fitness movements (planks, bear crawls, crab walks).	PK.5-2.5 Physical activity and health The student understands safety practices associated with physical activity and space
Week 8	2 Minute Challenge	Participate in a “Fit Fun Challenge” (timed stations or obstacle course).	PK.1-2.1 Movement The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms
Week 9	Doctors and Germs	Reflect on personal strength and how the body feels after movement.	PK.2-2.2 Movement The student applies movement concepts and principles to the learning and development of motor skills

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4th Quarter			
Week	Unit/Lesson	Learning Objectives: Games & Lifetime Movement	Reporting Categories (TEKS SEs)
Week 1	March Madness	Demonstrate understanding of basic game rules (tag, relay, partner games).	PK.6-2.6 Social Development The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.
Week 2	Racket Skills	Apply locomotor and manipulative skills in small group games.	PK.1-2.1 Movement The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 3	Battleship	Show sportsmanship during partner and team games.	PK.6-2.6 Social Development The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.
Week 4	Sharks	Participate in low-organized games that include tagging, chasing, and dodging.	PK.6-2.6 Social Development The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.
Week 5	Follow the Leader	Explore rhythmic movement through dancing or follow-the-leader activities.	PK.5-2.5 Physical activity and health The student understands safety practices associated with physical activity and space
Week 6	Bike a Thon	Experience outdoor/lifetime games (parachute, hula hoop, jump rope bike a thon).	PK.1-2.1 Movement The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
Week 7	Bust Out	Practice decision-making and strategy in simple games.	PK.1-2.1 Movement The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms
Week 8	Field Day	Take part in a fun fitness “field day” style activity or rotation.	PK.6-2.6 Social Development The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.
Week 9	Spring Races	Reflect on favorite games and identify ways to stay active during summer.	PK.4-2.4 Physical activity and health. The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.