

# Quaver Health·PE™

## PE TEKS by Lesson Grades K–5



## Kindergarten

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>1. Movement patterns and movement skills--locomotor skills.</b>			
116.12.b.1.A	practice proper foot patterns and form and maintain balance while hopping, galloping, running, sliding, skipping, and walking	<a href="#">Foot Dribble and Pass: Dribble With Inside of Foot</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Jump, Balance, Spin, and Roll: Balance and Roll</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Track &amp; Field: Hop and Gallop</a> <a href="#">Track &amp; Field: Slide, Skip, and Walk</a> <a href="#">Track &amp; Field: Assess - Track &amp; Field</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">Social Behavior: Making New Friends</a> <a href="#">Social Behavior: What are Healthy Relationships?</a> <a href="#">Responsible Decision Making: What Is a Problem?</a> <a href="#">Responsible Decision Making: Discovering Short and Long-Term Goals</a> <a href="#">Healthy Practices and Hygiene: My Teeth and Mouth</a> <a href="#">Healthy Practices and Hygiene: What Is Exercise?</a> <a href="#">Healthy Practices and Hygiene: Introducing the Importance of Sleep</a> <a href="#">Mental Health and Wellness: Controlling Myself</a> <a href="#">Mental Health and Wellness: How Do I Feel?</a> <a href="#">Healthy Eating and Nutrition: Can I Eat Anything I Want?</a> <a href="#">Healthy Eating and Nutrition: Eating Habits</a> <a href="#">Healthy Eating and Nutrition: Harmful Effects</a> <a href="#">Disease and Illness Prevention: What Is a Checkup?</a> <a href="#">Disease and Illness Prevention: Staying Healthy</a> <a href="#">Safety and Accident Prevention: What Is Personal Safety?</a> <a href="#">Safety and Accident Prevention: Safe Play</a> <a href="#">Safety and Accident Prevention: Protecting My Five Senses</a>
116.12.b.1.B	practice correct technique while jumping in place, forward and backward, and side to side	<a href="#">Foot Dribble and Pass: Dribble With Inside of Foot</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Jump, Balance, Spin, and Roll: Jump and Spin</a> <a href="#">Jump, Balance, Spin, and Roll: Balance and Roll</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">Responsible Decision Making: What Is a Problem?</a> <a href="#">Healthy Practices and Hygiene: My Teeth and Mouth</a> <a href="#">Healthy Practices and Hygiene: Introducing the Importance of Sleep</a> <a href="#">Mental Health and Wellness: How Do I Feel?</a> <a href="#">Healthy Eating and Nutrition: Can I Eat Anything I Want?</a> <a href="#">Healthy Eating and Nutrition: Eating Habits</a> <a href="#">Disease and Illness Prevention: Staying Healthy</a> <a href="#">Safety and Accident Prevention: What Is Personal Safety?</a>

## Kindergarten

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.12.b.1.C	demonstrate visual tracking and tracing, simple balancing, cross lateralization, and sequencing of two skills	<a href="#">Foot Dribble and Pass: Dribble With Inside of Foot</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Catch: Catch After a Bounce</a> <a href="#">Catch: Catch a Self-Toss</a> <a href="#">Volley: Volley to Self I</a> <a href="#">Volley: Volley to Self II</a>  <a href="#">Volley: Assess - Volley</a>  <a href="#">Jump, Balance, Spin, and Roll: Balance and Roll</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a>  <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">General Health: What Is a Healthy Behavior?</a>  <a href="#">Social Behavior: Making New Friends</a>  <a href="#">Social Behavior: What are Healthy Relationships?</a>  <a href="#">Social Behavior: Using Kind Words</a>  <a href="#">Responsible Decision Making: What Is a Problem?</a> <a href="#">Responsible Decision Making: I Can Make it Better</a>  <a href="#">Responsible Decision Making: Discovering Short and Long-Term Goals</a>  <a href="#">Healthy Practices and Hygiene: My Teeth and Mouth</a>  <a href="#">Healthy Practices and Hygiene: What Is Exercise?</a>  <a href="#">Healthy Practices and Hygiene: Introducing the Importance of Sleep</a>  <a href="#">Mental Health and Wellness: What Are Emotions?</a> <a href="#">Mental Health and Wellness: Controlling Myself</a> <a href="#">Mental Health and Wellness: How Do I Feel?</a>  <a href="#">Healthy Eating and Nutrition: Food and My Body</a> <a href="#">Healthy Eating and Nutrition: Can I Eat Anything I Want?</a>  <a href="#">Healthy Eating and Nutrition: Eating Habits</a> <a href="#">Healthy Eating and Nutrition: Harmful Effects</a>  <a href="#">Disease and Illness Prevention: Staying Healthy</a>  <a href="#">Safety and Accident Prevention: What Is Personal Safety?</a>
116.12.b.1.D	spin and roll at different levels, speeds, and positions.	<a href="#">Jump, Balance, Spin, and Roll: Jump and Spin</a> <a href="#">Jump, Balance, Spin, and Roll: Balance and Roll</a>  <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a>	<a href="#">General Health: What Is an Emergency?</a>  <a href="#">Social Behavior: Making New Friends</a>  <a href="#">Social Behavior: What are Healthy Relationships?</a>  <a href="#">Responsible Decision Making: Discovering Short and Long-Term Goals</a>  <a href="#">Healthy Practices and Hygiene: What Is Exercise?</a>  <a href="#">Mental Health and Wellness: Controlling Myself</a>  <a href="#">Healthy Eating and Nutrition: Can I Eat Anything I Want?</a>  <a href="#">Healthy Eating and Nutrition: Eating Habits</a> <a href="#">Healthy Eating and Nutrition: Harmful Effects</a>

## Kindergarten

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>2. Movement patterns and movement skills--non-locomotor skills.</b>			
116.12.b.2.A	maintain balance while bearing weight using different bases of support	<a href="#">Jump, Balance, Spin, and Roll: Balance and Roll</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a>	<a href="#">Social Behavior: Making New Friends</a> <a href="#">Social Behavior: What are Healthy Relationships?</a> <a href="#">Healthy Practices and Hygiene: What Is Exercise?</a> <a href="#">Mental Health and Wellness: Controlling Myself</a> <a href="#">Healthy Eating and Nutrition: Can I Eat Anything I Want?</a> <a href="#">Healthy Eating and Nutrition: Eating Habits</a>
116.12.b.2.B	practice bending, stretching, twisting, and curling while maintaining balance.	<a href="#">Jump, Balance, Spin, and Roll: Balance and Roll</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a>	<a href="#">Social Behavior: Learning to Listen</a> <a href="#">Social Behavior: Making New Friends</a> <a href="#">Social Behavior: What are Healthy Relationships?</a> <a href="#">Responsible Decision Making: Discovering Short and Long-Term Goals</a> <a href="#">Healthy Practices and Hygiene: My Teeth and Mouth</a> <a href="#">Healthy Practices and Hygiene: What Is Exercise?</a> <a href="#">Mental Health and Wellness: When I Feel Worried</a> <a href="#">Mental Health and Wellness: Controlling Myself</a> <a href="#">Mental Health and Wellness: How Do I Feel?</a> <a href="#">Healthy Eating and Nutrition: Can I Eat Anything I Want?</a> <a href="#">Healthy Eating and Nutrition: Eating Habits</a> <a href="#">Healthy Eating and Nutrition: Harmful Effects</a>
<b>3. Movement patterns and movement skills--manipulative skills.</b>			
116.12.b.3.A	self-toss an object and throw underhand with opposite foot forward	<a href="#">Throw: Self-Toss</a> <a href="#">Throw: Underhand Throw</a> <a href="#">Throw: Assess - Throw</a>	<a href="#">Social Behavior: Learning to Listen</a> <a href="#">Social Behavior: Using Kind Words</a> <a href="#">Responsible Decision Making: I Can Make it Better</a> <a href="#">Healthy Practices and Hygiene: Hygiene Skills</a> <a href="#">Healthy Practices and Hygiene: My Teeth and Mouth</a> <a href="#">Healthy Practices and Hygiene: What Is Exercise?</a> <a href="#">Mental Health and Wellness: When I Feel Worried</a> <a href="#">Mental Health and Wellness: How Do I Feel?</a> <a href="#">Safety and Accident Prevention: Helmets and Seatbelts</a>

## Kindergarten

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.12.b.3.B	catch a self-dropped ball before it bounces twice and catch a self-tossed object before it hits the ground	<a href="#">Catch: Catch After a Bounce</a> <a href="#">Catch: Catch a Self-Toss</a> <a href="#">Catch: Assess - Catch</a>	<a href="#">Responsible Decision Making: I Can Make it Better</a> <a href="#">Responsible Decision Making: Discovering Short and Long-Term Goals</a> <a href="#">Responsible Decision Making: Explore - Getting Help with Online Safety</a>
116.12.b.3.C	practice dribbling with one hand	<a href="#">Hand Dribble and Pass: Dribble With One Hand I</a> <a href="#">Hand Dribble and Pass: Dribble With One Hand II</a> <a href="#">Hand Dribble and Pass: Assess - Hand Dribble and Pass</a>	<a href="#">Healthy Practices and Hygiene: Introducing the Importance of Sleep</a> <a href="#">Mental Health and Wellness: What Are Emotions?</a> <a href="#">Mental Health and Wellness: When I Feel Worried</a>
116.12.b.3.D	tap a ball using the inside of the foot	<a href="#">Foot Dribble and Pass: Sole Roll and Tap</a> <a href="#">Foot Dribble and Pass: Dribble With Inside of Foot</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a>	<a href="#">General Health: What Is an Emergency?</a> <a href="#">Social Behavior: Learning to Listen</a> <a href="#">Social Behavior: Making New Friends</a>
116.12.b.3.E	kick a stationary ball from a stationary position	<a href="#">Kick: Kick a Stationary Ball I</a> <a href="#">Kick: Kick a Stationary Ball II</a> <a href="#">Kick: Assess - Kick</a>	<a href="#">Social Behavior: What are Healthy Relationships?</a> <a href="#">Social Behavior: Using Kind Words</a> <a href="#">Responsible Decision Making: What Is a Problem?</a>
116.12.b.3.F	volley a lightweight object to self	<a href="#">Volley: Volley to Self I</a> <a href="#">Volley: Volley to Self II</a> <a href="#">Volley: Assess - Volley</a>	<a href="#">Mental Health and Wellness: Controlling Myself</a> <a href="#">Mental Health and Wellness: How Do I Feel?</a> <a href="#">Healthy Eating and Nutrition: Food and My Body</a>
116.12.b.3.G	strike a lightweight object using hand or short-handled implement	<a href="#">Strike with Manipulative: Strike With Hand</a> <a href="#">Strike with Manipulative: Strike With Short Handle</a> <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a>	<a href="#">Disease and Illness Prevention: Staying Healthy</a> <a href="#">Safety and Accident Prevention: Helmets and Seatbelts</a> <a href="#">Safety and Accident Prevention: What Is Personal Safety?</a>
116.12.b.3.H	jump at least once with a self-turned rope	<a href="#">Jump Rope: Jump a Short Rope</a>	<a href="#">Disease and Illness Prevention: What Is a Checkup?</a>
116.12.b.3.I	demonstrate swinging a long rope back and forth with a partner.	<a href="#">Jump Rope: Swing and Jump a Long Rope</a> <a href="#">Jump Rope: Assess - Jump Rope</a>	<a href="#">Disease and Illness Prevention: Cold and Flu</a> <a href="#">Disease and Illness Prevention: What Is Medicine?</a>
<b>4. Movement patterns and movement skills--spatial and body awareness.</b>			
116.12.b.4.A	differentiate between personal and general space while moving to simple rhythms and maintaining balance	<a href="#">Foot Dribble and Pass: Dribble With Inside of Foot</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Jump, Balance, Spin, and Roll: Balance and Roll</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a> <a href="#">PE Toolbox: Dance Category</a>	<a href="#">Social Behavior: Learning to Listen</a> <a href="#">Healthy Practices and Hygiene: My Teeth and Mouth</a> <a href="#">Mental Health and Wellness: When I Feel Worried</a> <a href="#">Mental Health and Wellness: How Do I Feel?</a> <a href="#">Disease and Illness Prevention: Staying Healthy</a> <a href="#">PE Toolbox: Dance Category</a>

## Kindergarten

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.12.b.4.B	demonstrate a variety of pathways, shapes, and levels while maintaining balance	<a href="#">Foot Dribble and Pass: Dribble With Inside of Foot</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Jump, Balance, Spin, and Roll: Balance and Roll</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">Social Behavior: Making New Friends</a> <a href="#">Healthy Practices and Hygiene: What Is Exercise?</a> <a href="#">Mental Health and Wellness: Controlling Myself</a> <a href="#">Mental Health and Wellness: How Do I Feel?</a> <a href="#">Healthy Eating and Nutrition: Eating Habits</a> <a href="#">Disease and Illness Prevention: What Is a Checkup?</a> <a href="#">Disease and Illness Prevention: Staying Healthy</a>
116.12.b.4.C	demonstrate clear contrast when moving in different speeds and directions while maintaining balance.	<a href="#">Track &amp; Field: Slide, Skip, and Walk</a> <a href="#">Track &amp; Field: Assess - Track &amp; Field</a>	<a href="#">Responsible Decision Making: Explore - Getting Help with Online Safety</a> <a href="#">Healthy Eating and Nutrition: Harmful Effects</a> <a href="#">Disease and Illness Prevention: What Is a Checkup?</a> <a href="#">Safety and Accident Prevention: What Is Personal Safety?</a>
<b>5. Movement patterns and movement skills--rhythmic activities.</b>			
116.12.b.5.A	mirror and follow teacher movement and basic rhythm patterns.	<a href="#">Foot Dribble and Pass: Dribble With Inside of Foot</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Jump, Balance, Spin, and Roll: Balance and Roll</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a> <a href="#">PE Toolbox: Dance Category</a>	<a href="#">General Health: What Is a Healthy Behavior?</a> <a href="#">General Health: What Is an Emergency?</a> <a href="#">Social Behavior: Making New Friends</a> <a href="#">Social Behavior: What are Healthy Relationships?</a> <a href="#">Social Behavior: Using Kind Words</a> <a href="#">Responsible Decision Making: What Is a Problem?</a> <a href="#">Responsible Decision Making: I Can Make it Better</a> <a href="#">Healthy Practices and Hygiene: Hygiene Skills</a> <a href="#">Healthy Practices and Hygiene: My Teeth and Mouth</a> <a href="#">Mental Health and Wellness: What Are Emotions?</a> <a href="#">Mental Health and Wellness: Controlling Myself</a> <a href="#">Healthy Eating and Nutrition: Food and My Body</a> <a href="#">Disease and Illness Prevention: Staying Healthy</a> <a href="#">PE Toolbox: Dance Category</a>
<b>6. Performance strategies--games and activities.</b>			
116.12.b.6.A	demonstrate the skills of chasing, fleeing, and dodging to avoid or catch others during a variety of games while maintaining appropriate space and speed	<a href="#">Strike with Manipulative: Strike With Hand</a> <a href="#">Track &amp; Field: Hop and Gallop</a>	<a href="#">Safety and Accident Prevention: Safe Play</a>

## Kindergarten

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.12.b.6.B	practice the correct techniques for motor development skills following teacher direction	<a href="#">Kick: Kick a Stationary Ball I</a> <a href="#">Catch: Catch a Self-Toss</a> <a href="#">Jump, Balance, Spin, and Roll: Balance and Roll</a>	<a href="#">General Health: What Is a Healthy Behavior?</a> <a href="#">Social Behavior: What are Healthy Relationships?</a> <a href="#">Social Behavior: Using Kind Words</a> <a href="#">Responsible Decision Making: I Can Make it Better</a> <a href="#">Responsible Decision Making: Explore - Getting Help with Online Safety</a> <a href="#">Mental Health and Wellness: What Are Emotions?</a> <a href="#">Mental Health and Wellness: Controlling Myself</a> <a href="#">Healthy Eating and Nutrition: Food and My Body</a> <a href="#">Healthy Eating and Nutrition: Harmful Effects</a> <a href="#">Safety and Accident Prevention: What Is Personal Safety?</a> <a href="#">Safety and Accident Prevention: Protecting My Five Senses</a>
116.12.b.6.C	demonstrate safe practices by following rules, procedures, and directions during class and activities.	<a href="#">PE 101: Equipment and Safety</a>	<a href="#">General Health: What Is a Healthy Behavior?</a> <a href="#">Social Behavior: What are Healthy Relationships?</a> <a href="#">Responsible Decision Making: Explore - Getting Help with Online Safety</a> <a href="#">Healthy Eating and Nutrition: Harmful Effects</a> <a href="#">Safety and Accident Prevention: What Is Personal Safety?</a> <a href="#">Safety and Accident Prevention: Protecting My Five Senses</a>
<b>7. Performance strategies--outdoor and recreational pursuits.</b>			
116.12.b.7.A	discuss outdoor recreation and health and fitness activities in school and the community.	<a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">General Health: What Is a Healthy Behavior?</a>
<b>8. Health, physical activity, and fitness--fitness principles.</b>			
116.12.b.8.A	discuss the immediate effect of physical activity on the heart and lungs	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: Exploring My Health</a> <a href="#">General Health: What Is a Healthy Behavior?</a>
116.12.b.8.B	describe the importance of daily active play	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: Exploring My Health</a> <a href="#">General Health: What Is a Healthy Behavior?</a> <a href="#">Disease and Illness Prevention: Staying Healthy</a>
116.12.b.8.C	participate in exercises that promote health-related fitness.	<a href="#">PE 101: Moving My Body</a>	<a href="#">Healthy Practices and Hygiene: Hygiene Skills</a> <a href="#">Healthy Practices and Hygiene: My Teeth and Mouth</a> <a href="#">Mental Health and Wellness: How Do I Feel?</a>

## Kindergarten

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>9. Health, physical activity, and fitness--analyze data.</b>			
116.12.b.9.A	describe the importance of goal setting	<a href="#">PE 101: Equipment and Safety</a>	<a href="#">Healthy Eating and Nutrition: Can I Eat Anything I Want?</a> <a href="#">Disease and Illness Prevention: Staying Healthy</a> <a href="#">Responsible Decision Making: Discovering Short and Long-Term Goals</a>
116.12.b.9.B	identify how to measure improvement in physical skills such as counting the number of times a student can hop while maintaining balance.	<a href="#">PE 101: Equipment and Safety</a>	<a href="#">Disease and Illness Prevention: Staying Healthy</a>
<b>10. Health, physical activity, and fitness--nutrition and hydration.</b>			
116.12.b.10.A	recognize that eating a variety of foods produces energy for physical activity	<a href="#">PE 101: Moving My Body</a>	<a href="#">Healthy Eating and Nutrition: Can I Eat Anything I Want?</a> <a href="#">Healthy Eating and Nutrition: Eating Habits</a> <a href="#">Disease and Illness Prevention: Staying Healthy</a>
116.12.b.10.B	identify the best source of hydration during physical activity.	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: What Is a Healthy Behavior?</a>
<b>11. Health, physical activity, and fitness--environmental awareness and safety practices.</b>			
116.12.b.11.A	identify proper clothing and footwear for physical activity	<a href="#">PE 101: Equipment and Safety</a>	<a href="#">General Health: What Is a Healthy Behavior?</a> <a href="#">Safety and Accident Prevention: What Is Personal Safety?</a> <a href="#">Safety and Accident Prevention: Protecting My Five Senses</a>
116.12.b.11.B	identify safety precautions, including pedestrian, water, sun, and cycling safety, with teacher guidance.	<a href="#">PE 101: Equipment and Safety</a>	<a href="#">General Health: What Is a Healthy Behavior?</a> <a href="#">Safety and Accident Prevention: What Is Personal Safety?</a> <a href="#">Safety and Accident Prevention: Safe Play</a> <a href="#">Safety and Accident Prevention: Protecting My Five Senses</a> <a href="#">Safety and Accident Prevention: Helmets and Seatbelts</a>



## Kindergarten

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>12. Social and emotional health--personal responsibility and self-management.</b>			
116.12.b.12.A	give examples of consequences resulting from personal actions	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">General Health: What Is an Emergency?</a> <a href="#">Mental Health and Wellness: How Do I Feel?</a>
116.12.b.12.B	demonstrate respect for differences and similarities in abilities of self and others	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">Social Behavior: What are Healthy Relationships?</a>
116.12.b.12.C	identify personal impulses and emotions with teacher guidance.	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">Mental Health and Wellness: How Do I Feel?</a>
<b>13. Social and emotional health--resolving conflict and social interaction.</b>			
116.12.b.13.A	demonstrate respect and cooperation through words and actions with teacher guidance	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">General Health: What Is Healthy Help?</a> <a href="#">Social Behavior: What are Healthy Relationships?</a>
116.12.b.13.B	communicate feelings and thoughts appropriately with teacher guidance.	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">Social Behavior: What are Healthy Relationships?</a> <a href="#">Mental Health and Wellness: How Do I Feel?</a>
<b>14. Social and emotional health--perseverance.</b>			
116.12.b.14.A	explain why some physical activities are challenging.	<a href="#">PE 101: Sporting Behavior</a> <a href="#">Jump Rope: Jump a Short Rope</a> <a href="#">Jump Rope: Swing and Jump a Long Rope</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a>	<a href="#">Mental Health and Wellness: How Do I Feel?</a> <a href="#">Disease and Illness Prevention: What Is a Checkup?</a> <a href="#">Disease and Illness Prevention: Cold and Flu</a>
<b>15. Social and emotional health--accepting and providing constructive feedback.</b>			
116.12.b.15.A	listen respectfully and respond appropriately to corrective feedback with teacher guidance.	<a href="#">Throw: Self-Toss</a> <a href="#">Throw: Underhand Throw</a> <a href="#">Throw: Assess - Throw</a> <a href="#">Jump, Balance, Spin, and Roll: Jump and Spin</a> <a href="#">Jump, Balance, Spin, and Roll: Balance and Roll</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">PE Toolbox: Feedback Sandwich</a>	<a href="#">Healthy Practices and Hygiene: Hygiene Skills</a> <a href="#">Healthy Practices and Hygiene: My Teeth and Mouth</a> <a href="#">Healthy Practices and Hygiene: What Is Exercise?</a> <a href="#">Healthy Eating and Nutrition: Can I Eat Anything I Want?</a> <a href="#">Healthy Eating and Nutrition: Eating Habits</a>  <a href="#">PE Toolbox: Feedback Sandwich</a>

## Kindergarten

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>16. Lifetime wellness--application of lifetime wellness.</b>			
116.12.b.16.A	participate in moderate to vigorous physical activity on a regular basis	<a href="#">PE 101: Moving My Body</a> <a href="#">Throw: Underhand Throw</a> <a href="#">Throw: Assess - Throw</a> <a href="#">Track &amp; Field: Slide, Skip, and Walk</a> <a href="#">Track &amp; Field: Assess - Track &amp; Field</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">General Health: Exploring My Health</a> <a href="#">Social Behavior: Making New Friends</a> <a href="#">Healthy Practices and Hygiene: My Teeth and Mouth</a> <a href="#">Healthy Practices and Hygiene: What Is Exercise?</a> <a href="#">Mental Health and Wellness: Controlling Myself</a> <a href="#">Healthy Eating and Nutrition: Can I Eat Anything I Want?</a> <a href="#">Healthy Eating and Nutrition: Eating Habits</a>
116.12.b.16.B	identify physical activity for personal enjoyment with teacher guidance.	<a href="#">PE 101: Moving My Body</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">General Health: Exploring My Health</a> <a href="#">Social Behavior: What are Healthy Relationships?</a> <a href="#">Mental Health and Wellness: How Do I Feel?</a>

## First Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>1. Movement patterns and movement skills--locomotor skills.</b>			
116.15.b.1.A	demonstrate correct technique while hopping, galloping, running, sliding, skipping, and leaping	<a href="#">Track &amp; Field: Locomotor Skills</a> <a href="#">Track &amp; Field: Leap</a> <a href="#">Track &amp; Field: Assess - Track &amp; Field</a>	<a href="#">General Health: My Health at School</a> <a href="#">Social Behavior: Healthy and Unhealthy Influences</a> <a href="#">Responsible Decision Making: Time Management and Goal Setting</a> <a href="#">Safety and Accident Prevention: Safe Spaces in the Community</a> <a href="#">Safety and Accident Prevention: Safety with Spiders and Insects - Going Deeper</a>
116.15.b.1.B	demonstrate correct jumping and landing technique from different heights	<a href="#">Jump, Balance, Spin, and Roll: Jump from Various Heights</a> <a href="#">Jump, Balance, Spin, and Roll: Jump and Balance</a>	<a href="#">Healthy Eating and Nutrition: The Role Water Plays - Going Deeper</a>
116.15.b.1.C	demonstrate intermediate balancing to include equipment, cross lateralization using a variety of coordination skills, and sequencing of three skills with repetition	<a href="#">Jump, Balance, Spin, and Roll: Jump and Balance</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a>	<a href="#">Responsible Decision Making: Time Management and Goal Setting</a> <a href="#">Mental Health and Wellness: Healthy Coping Strategies</a> <a href="#">Healthy Eating and Nutrition: Peer Influence</a>
116.15.b.1.D	spin and roll with control at different levels, speeds, and positions with manipulatives.	<a href="#">Foot Dribble and Pass: Dribble While Jogging I</a> <a href="#">Foot Dribble and Pass: Dribble While Jogging II</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Volley: Volley to a Partner I</a> <a href="#">Volley: Volley to a Partner II</a> <a href="#">Volley: Assess - Volley</a>	<a href="#">Social Behavior: Resolving Conflicts</a> <a href="#">Social Behavior: Healthy and Unhealthy Friendships</a> <a href="#">Mental Health and Wellness: When I Feel Angry</a>
<b>2. Movement patterns and movement skills--non-locomotor skills.</b>			
116.15.b.2.A	demonstrate moving in and out of a balanced position with control during dynamic activities	<a href="#">Foot Dribble and Pass: Dribble While Jogging I</a> <a href="#">Foot Dribble and Pass: Dribble While Jogging II</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Jump, Balance, Spin, and Roll: Jump and Balance</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a>	<a href="#">Responsible Decision Making: Evaluating Solutions and Consequences</a> <a href="#">Responsible Decision Making: Setting My Intentions</a> <a href="#">Responsible Decision Making: Time Management and Goal Setting</a> <a href="#">Mental Health and Wellness: When I Feel Angry</a> <a href="#">Healthy Eating and Nutrition: Peer Influence</a>

## First Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.15.b.2.B	combine bending, stretching, twisting, curling, pushing, pulling, and swaying in a variety of activities.	<a href="#">Throw: Overhand Throw II</a> <a href="#">Throw: Assess - Throw</a> <a href="#">Track &amp; Field: Leap</a> <a href="#">Track &amp; Field: Assess - Track &amp; Field</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">General Health: My Health at School</a> <a href="#">Mental Health and Wellness: Healthy Coping Strategies</a> <a href="#">Safety and Accident Prevention: Safe Spaces in the Community</a>
<b>3. Movement patterns and movement skills--manipulative skills.</b>			
116.15.b.3.A	demonstrate key elements in underhand and overhand throwing to a partner with accuracy	<a href="#">Throw: Overhand Throw I</a> <a href="#">Throw: Overhand Throw II</a> <a href="#">Throw: Assess - Throw</a>	<a href="#">Social Behavior: Healthy and Unhealthy Influences</a> <a href="#">Responsible Decision Making: Evaluating Solutions and Consequences</a> <a href="#">Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Systems</a> <a href="#">Healthy Practices and Hygiene: Brushing and Flossing - Going Deeper</a> <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a> <a href="#">Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper</a> <a href="#">Mental Health and Wellness: Healthy Coping Strategies</a> <a href="#">Disease and Illness Prevention: Avoiding Misuse of Medications</a>
116.15.b.3.B	demonstrate key elements when catching an accurately and softly thrown large ball with a partner without trapping against the body	<a href="#">Catch: Catch a Ball Tossed Underhand</a> <a href="#">Catch: Catch a Ball Thrown Overhand</a> <a href="#">Catch: Assess - Catch</a>	<a href="#">Social Behavior: Healthy and Unhealthy Influences</a> <a href="#">Responsible Decision Making: Evaluating Solutions and Consequences</a> <a href="#">Responsible Decision Making: Setting My Intentions</a> <a href="#">Responsible Decision Making: Time Management and Goal Setting</a> <a href="#">Responsible Decision Making: Communicating Online</a> <a href="#">Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper</a> <a href="#">Mental Health and Wellness: Healthy Coping Strategies</a> <a href="#">Disease and Illness Prevention: Avoiding Misuse of Medications</a>

## First Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.15.b.3.C	demonstrate key elements of hand dribbling while slowly jogging and maintaining ball control	<a href="#">Hand Dribble and Pass: Dribble While Jogging I</a> <a href="#">Hand Dribble and Pass: Dribble While Jogging II</a> <a href="#">Hand Dribble and Pass: Assess - Hand Dribble and Pass</a>	<a href="#">Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper</a> <a href="#">Mental Health and Wellness: Healthy Coping Strategies</a> <a href="#">Mental Health and Wellness: Managing My Stress</a>
116.15.b.3.D	dribble a ball with control using both feet while slowly jogging	<a href="#">Foot Dribble and Pass: Dribble While Jogging I</a> <a href="#">Foot Dribble and Pass: Dribble While Jogging II</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a>	<a href="#">Social Behavior: Resolving Conflicts</a> <a href="#">Social Behavior: Healthy and Unhealthy Friendships</a>
116.15.b.3.E	kick a moving ball on the ground and in the air using a continuous running approach	<a href="#">Kick: Kick a Moving Ball I</a> <a href="#">Kick: Kick a Moving Ball II</a> <a href="#">Kick: Assess - Kick</a>	<a href="#">Social Behavior: Assertiveness and Bullying</a> <a href="#">Responsible Decision Making: Evaluating Solutions and Consequences</a>
116.15.b.3.F	demonstrate correct technique in volleying to a wall or partner and over an object or net	<a href="#">Volley: Volley to a Partner I</a> <a href="#">Volley: Volley to a Partner II</a> <a href="#">Volley: Assess - Volley</a>	<a href="#">Mental Health and Wellness: When I Feel Angry</a>
116.15.b.3.G	demonstrate correct technique when striking a moving object over a low net or to a wall with a hand or short- or long-handled implement	<a href="#">Strike with Manipulative: Strike Off Ground or Elevation</a> <a href="#">Strike with Manipulative: Strike Over a Net</a> <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a>	<a href="#">Safety and Accident Prevention: Water Safety</a> <a href="#">Safety and Accident Prevention: Personal Safety Assistance*</a>
116.15.b.3.H	jump a self-turned rope using a variety of basic skills	<a href="#">Jump Rope: Short Jump Rope Tricks</a> <a href="#">Jump Rope: Assess - Jump Rope</a>	<a href="#">Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper</a>
116.15.b.3.I	enter and exit a turned long rope using basic jumping skills.	<a href="#">Jump Rope: Long Jump Rope Tricks</a> <a href="#">Jump Rope: Assess - Jump Rope</a>	<a href="#">Disease and Illness Prevention: Disease Awareness</a> <a href="#">Disease and Illness Prevention: Avoiding Misuse of Medications</a>

## First Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>4. Movement patterns and movement skills--spatial and body awareness.</b>			
116.15.b.4.A	demonstrate locomotor, non-locomotor, and manipulative skills safely in personal and open space	<a href="#">Throw: Overhand Throw II</a> <a href="#">Throw: Assess - Throw</a> <a href="#">Jump, Balance, Spin, and Roll: Jump and Balance</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Strike with Manipulative: Strike Off Ground or Elevation</a> <a href="#">Strike with Manipulative: Strike Over a Net</a> <a href="#">Track &amp; Field: Locomotor Skills</a>  <a href="#">Track &amp; Field: Leap</a>  <a href="#">Track &amp; Field: Assess - Track &amp; Field</a>  <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">General Health: My Health at School</a> <a href="#">General Health: Fire Safety</a> <a href="#">Social Behavior: Healthy and Unhealthy Influences</a>  <a href="#">Social Behavior: Assertiveness and Bullying</a>  <a href="#">Responsible Decision Making: Evaluating Solutions and Consequences</a>  <a href="#">Responsible Decision Making: Setting My Intentions</a>  <a href="#">Responsible Decision Making: Time Management and Goal Setting</a>  <a href="#">Responsible Decision Making: Communicating Online</a>  <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a>  <a href="#">Mental Health and Wellness: Healthy Coping Strategies</a>  <a href="#">Mental Health and Wellness: Managing My Stress</a>  <a href="#">Mental Health and Wellness: When I Feel Angry</a>  <a href="#">Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper</a>  <a href="#">Disease and Illness Prevention: Healthy Balance</a> <a href="#">Safety and Accident Prevention: Water Safety</a>  3M10-1
116.15.b.4.B	combine pathways and levels into various movement patterns in a wide variety of physical activities	<a href="#">Jump, Balance, Spin, and Roll: Jump and Balance</a>  <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a>	<a href="#">Healthy Eating and Nutrition: Peer Influence</a>  3M10-1
116.15.b.4.C	combine speed, direction, and force as directed by teacher.	<a href="#">Track &amp; Field: Locomotor Skills</a>	<a href="#">General Health: My Health at School</a> <a href="#">Social Behavior: Healthy and Unhealthy Influences</a>  <a href="#">Responsible Decision Making: Time Management and Goal Setting</a>  <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a>  <a href="#">Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper</a>  <a href="#">Disease and Illness Prevention: Healthy Balance</a>

## First Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>5. Movement patterns and movement skills--rhythmic activities.</b>			
116.15.b.5.A	demonstrate various rhythmic combinations of locomotor skills of eight counts in repeatable patterns when leading or following a partner.	<a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a> <a href="#">PE Toolbox: Dance Category</a>	<a href="#">Social Behavior: Resolving Conflicts</a> <a href="#">Social Behavior: Healthy and Unhealthy Friendships</a> <a href="#">Responsible Decision Making: Communicating Online</a> <a href="#">PE Toolbox: Dance Category</a>
<b>6. Performance strategies--games and activities.</b>			
116.15.b.6.A	combine the skills of chasing, fleeing, and dodging to avoid or catch others during a variety of games	<a href="#">Foot Dribble and Pass: Dribble While Jogging I</a> <a href="#">Foot Dribble and Pass: Dribble While Jogging II</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Strike with Manipulative: Strike Off Ground or Elevation</a> <a href="#">Track &amp; Field: Locomotor Skills</a>	<a href="#">Social Behavior: Resolving Conflicts</a> <a href="#">Social Behavior: Healthy and Unhealthy Friendships</a> <a href="#">Disease and Illness Prevention: Healthy Balance</a> <a href="#">Safety and Accident Prevention: Safe Spaces in the Community</a>
116.15.b.6.B	demonstrate specific movement skills to improve performance in designated dynamic activities	<a href="#">Catch: Catch a Ball Tossed Underhand</a> <a href="#">Catch: Catch a Ball Thrown Overhand</a> <a href="#">Catch: Assess - Catch</a> <a href="#">Volley: Volley to a Partner I</a> <a href="#">Volley: Volley to a Partner II</a> <a href="#">Volley: Assess - Volley</a> <a href="#">Jump Rope: Short Jump Rope Tricks</a> <a href="#">Jump Rope: Assess - Jump Rope</a>	<a href="#">Responsible Decision Making: Setting My Intentions</a> <a href="#">Responsible Decision Making: Time Management and Goal Setting</a> <a href="#">Responsible Decision Making: Communicating Online</a> <a href="#">Mental Health and Wellness: When I Feel Angry</a> <a href="#">Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper</a>
116.15.b.6.C	explain and follow rules, procedures, and safe practices during games and activities	<a href="#">PE 101: Sporting Behavior</a> <a href="#">Kick: Kick a Moving Ball I</a> <a href="#">Kick: Kick a Moving Ball II</a> <a href="#">Kick: Assess - Kick</a> <a href="#">Throw: Overhand Throw I</a> <a href="#">Throw: Assess - Throw</a>	<a href="#">General Health: When Should I Ask for Help?</a> <a href="#">Social Behavior: Healthy and Unhealthy Influences</a> <a href="#">Social Behavior: Assertiveness and Bullying</a> <a href="#">Responsible Decision Making: Evaluating Solutions and Consequences</a> <a href="#">Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Systems</a> <a href="#">Healthy Practices and Hygiene: Brushing and Flossing - Going Deeper</a> <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a>

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TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>7. Performance strategies--outdoor and recreational pursuits.</b>			
116.15.b.7.A	participate in introductory outdoor recreational skills and activities such as rock climbing, hiking, paddle sports, disc golf, or challenge courses.	<a href="#">Beyond the Gym and Dance: Beyond the Gym III</a> <a href="#">PE Toolbox: Beyond the Gym</a>	<a href="#">PE Toolbox: Beyond the Gym</a>
<b>8. Health, physical activity, and fitness--fitness principles.</b>			
116.15.b.8.A	describe the benefits of regular physical activity, including stress management	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: My Health at School</a> <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a>
116.15.b.8.B	identify the importance of frequency and intensity during endurance activities	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: My Health at School</a>
116.15.b.8.C	explain and demonstrate the correct techniques of health-related fitness components	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: My Health at School</a>
<b>9. Health, physical activity, and fitness--analyze data.</b>			
116.15.b.9.A	describe the importance of setting personal fitness goals in improving health-related fitness	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">General Health: My Health at School</a>
116.15.b.9.B	identify how to measure improvement and track progress for health-related fitness identify how to measure improvement and track progress for health-related fitness	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">General Health: My Health at School</a>
<b>10. Health, physical activity, and fitness--nutrition and hydration.</b>			
116.15.b.10.A	differentiate between healthy and unhealthy foods and their impact on sustainable energy for physical activity	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: My Health at School</a>
116.15.b.10.B	differentiate between water and processed sugar or high-calorie drinks and their impact on sustainable energy for physical activity	<a href="#">PE 101: Moving My Body</a>	<a href="#">Healthy Eating and Nutrition: Where Do Nutrients Come From?</a>



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TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>11. Health, physical activity, and fitness--environmental awareness and safety practices.</b>			
116.15.b.11.A	select proper attire and safety equipment that promote safe participation and prevent injury in a variety of physical activities	<a href="#">PE 101: Equipment and Safety</a>	<a href="#">General Health: Cultural Influences on Health</a> <a href="#">Safety and Accident Prevention: Protecting My Five Senses</a>
116.15.b.11.B	exhibit correct safety precautions, including pedestrian, water, sun, cycling, skating, and scooter safety.	<a href="#">PE 101: Equipment and Safety</a>	<a href="#">General Health: Cultural Influences on Health</a> <a href="#">Safety and Accident Prevention: Protecting My Five Senses</a> <a href="#">Safety and Accident Prevention: Water Safety</a> <a href="#">Safety and Accident Prevention: Helmets and Seatbelts</a>
<b>12. Social and emotional health--personal responsibility and self-management.</b>			
116.15.b.12.A	explain that personal actions have consequences for self and others	<a href="#">PE 101: Sporting Behavior</a> <a href="#">Throw: Overhand Throw I</a> <a href="#">Throw: Assess - Throw</a> <a href="#">Hand Dribble and Pass: Dribble While Jogging I</a> <a href="#">Hand Dribble and Pass: Dribble While Jogging II</a> <a href="#">Hand Dribble and Pass: Assess - Hand Dribble and Pass</a>	<a href="#">General Health: When Should I Ask for Help?</a> <a href="#">Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Systems</a> <a href="#">Healthy Practices and Hygiene: Brushing and Flossing - Going Deeper</a> <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a> <a href="#">Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper</a> <a href="#">Mental Health and Wellness: Healthy Coping Strategies</a> <a href="#">Mental Health and Wellness: Managing My Stress</a>
116.15.b.12.B	demonstrate respect for differences and similarities in abilities of self and others	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">General Health: When Should I Ask for Help?</a>
116.15.b.12.C	explain and demonstrate self-management skills to control personal impulses and emotions.	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">Mental Health and Wellness: Healthy Coping Strategies</a> <a href="#">Mental Health and Wellness: Managing My Stress</a>
<b>13. Social and emotional health--resolving conflict and social interaction.</b>			
116.15.b.13.A	demonstrate respect and cooperation through words and actions during various group activities	<a href="#">PE 101: Sporting Behavior</a> <a href="#">Foot Dribble and Pass: Dribble While Jogging I</a> <a href="#">Foot Dribble and Pass: Dribble While Jogging II</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Jump Rope: Long Jump Rope Tricks</a>	<a href="#">General Health: When Should I Ask for Help?</a> <a href="#">Social Behavior: Resolving Conflicts</a> <a href="#">Social Behavior: Healthy and Unhealthy Friendships</a> <a href="#">Disease and Illness Prevention: Disease Awareness</a>

## First Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.15.b.13.B	identify the feelings of others	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">Social Behavior: Healthy and Unhealthy Friendships</a> <a href="#">Social Behavior: Healthy and Unhealthy Influences</a> <a href="#">Mental Health and Wellness: When I Feel Angry</a>
<b>14. Social and emotional health--perseverance.</b>			
116.15.b.14.A	explain how practicing challenging physical activities can build confidence and minimize frustration when learning a variety of new skills	<a href="#">Jump Rope: Short Jump Rope Tricks</a> <a href="#">Jump Rope: Long Jump Rope Tricks</a> <a href="#">Jump Rope: Assess - Jump Rope</a> <a href="#">Track &amp; Field: Locomotor Skills</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a>	<a href="#">Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper</a> <a href="#">Disease and Illness Prevention: Disease Awareness</a> <a href="#">Disease and Illness Prevention: Avoiding Misuse of Medications</a> <a href="#">Safety and Accident Prevention: Safe Spaces in the Community</a>
<b>15. Social and emotional health--accepting and providing constructive feedback.</b>			
116.15.b.15.A	listen respectfully to make appropriate changes in performance based on feedback	<a href="#">Throw: Overhand Throw I</a> <a href="#">Throw: Overhand Throw II</a> <a href="#">Throw: Assess - Throw</a> <a href="#">Jump, Balance, Spin, and Roll: Jump from Various Heights</a> <a href="#">Jump, Balance, Spin, and Roll: Jump and Balance</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">PE Toolbox: Feedback Sandwich</a>	<a href="#">Healthy Practices and Hygiene: Brushing and Flossing - Going Deeper</a> <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a> <a href="#">Healthy Eating and Nutrition: Making Nutritional Choices</a> <a href="#">Healthy Eating and Nutrition: The Role Water Plays - Going Deeper</a> <a href="#">Healthy Eating and Nutrition: Peer Influence</a> <a href="#">PE Toolbox: Feedback Sandwich</a>
<b>16. Lifetime wellness--application of lifetime wellness.</b>			
116.15.b.16.A	differentiate among types of and participate in moderate to vigorous physical activity for a sustained period of time on a regular basis using technology when available	<a href="#">PE 101: Moving My Body</a>	<a href="#">Social Behavior: Resolving Conflicts</a> <a href="#">Social Behavior: Healthy and Unhealthy Friendships</a> <a href="#">Social Behavior: Assertiveness and Bullying</a> <a href="#">Responsible Decision Making: Communicating Online</a> <a href="#">Healthy Eating and Nutrition: Peer Influence</a> <a href="#">Safety and Accident Prevention: Safe Spaces in the Community</a> <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a>
116.15.b.16.B	select and participate in physical activity for personal enjoyment	<a href="#">PE 101: Moving My Body</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a>

## Second Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>1. Movement patterns and movement skills--locomotor skills.</b>			
116.14.b.1.A	practice and apply correct technique while hopping, galloping, running, sliding, and skipping	<a href="#">Track &amp; Field: Locomotor Skills</a> <a href="#">Track &amp; Field: Over and Under</a>	<a href="#">General Health: My Health at Home</a> <a href="#">Social Behavior: Qualities of a Good Friend</a> <a href="#">Disease and Illness Prevention: Dimensions of Health</a> <a href="#">Safety and Accident Prevention: Strangers</a>
116.14.b.1.B	demonstrate correct jumping and landing technique while consecutively jumping in place, forward and backward, side to side, half turns, and in tuck position	<a href="#">PE 101: Moving My Body</a> <a href="#">Foot Dribble and Pass: Dribble While Walking II</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Kick: Kick a Ball Moving in the Air</a> <a href="#">Kick: Assess - Kick</a> <a href="#">Volley: Volley to a Partner II</a> <a href="#">Volley: Assess - Volley</a> <a href="#">Jump, Balance, Spin, and Roll: Jump and Spin</a> <a href="#">Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Jump Rope: Turn and Jump a Long Rope</a> <a href="#">Jump Rope: Assess - Jump Rope</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">Responsible Decision Making: Problems Big and Small</a> <a href="#">Healthy Practices and Hygiene: Consequences of Poor Hygiene</a> <a href="#">Healthy Eating and Nutrition: The Role of Vitamins and Minerals</a> <a href="#">Healthy Eating and Nutrition: Reactions From My Food</a> <a href="#">Disease and Illness Prevention: Dimensions of Health</a>

## Second Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.14.b.1.C	demonstrate basic balancing, cross lateralization, and sequencing of three skills with repetition	<a href="#">PE 101: Moving My Body</a>  <a href="#">Kick: Kick a Ball Moving in the Air</a>  <a href="#">Kick: Assess - Kick</a>  <a href="#">Volley: Volley to a Partner II</a>  <a href="#">Volley: Assess - Volley</a>  <a href="#">Jump Rope: Turn and Jump a Long Rope</a> <a href="#">Jump Rope: Assess - Jump Rope</a>  <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">Responsible Decision Making: Problems Big and Small</a>  <a href="#">Healthy Practices and Hygiene: Consequences of Poor Hygiene</a>  <a href="#">Mental Health and Wellness: What My Feelings Mean</a>  <a href="#">Mental Health and Wellness: Choosing a Growth Mindset</a>  <a href="#">Disease and Illness Prevention: Dimensions of Health</a>
116.14.b.1.D	spin and roll at different levels, speeds, and positions.	<a href="#">Jump, Balance, Spin, and Roll: Jump and Spin</a>  <a href="#">Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll</a>  <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a>	<a href="#">Responsible Decision Making: Problems Big and Small</a>
<b>2. Movement patterns and movement skills--non-locomotor skills.</b>			
116.14.b.2.A	demonstrate maintaining balance standing on one foot while placing the free leg in a variety of different positions for eight seconds	<a href="#">Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll</a>  <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a>	<a href="#">Responsible Decision Making: Problems Big and Small</a>
116.14.b.2.B	differentiate between bending, stretching, twisting, curling, pushing, pulling, and swaying.	<a href="#">Foot Dribble and Pass: Dribble While Walking II</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a>  <a href="#">Kick: Kick a Ball Moving in the Air</a>  <a href="#">Kick: Assess - Kick</a>  <a href="#">Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll</a>  <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a>  <a href="#">Jump Rope: Turn and Jump a Long Rope</a> <a href="#">Jump Rope: Assess - Jump Rope</a>  <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">Social Behavior: Bullies, Bystanders, and Victims</a> <a href="#">Responsible Decision Making: Making Healthy Decisions</a>  <a href="#">Healthy Practices and Hygiene: Consequences of Poor Hygiene</a>  <a href="#">Healthy Eating and Nutrition: The Role of Vitamins and Minerals</a>  <a href="#">Safety and Accident Prevention: Strangers</a>

## Second Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>3. Movement patterns and movement skills--manipulative skills.</b>			
116.14.b.3.A	demonstrate key elements in underhand throwing to a partner and overhand throwing to a target with opposite foot forward	<a href="#">Throw: Overhand Throw I</a> <a href="#">Throw: Overhand Throw II</a> <a href="#">Throw: Assess - Throw</a>	<a href="#">Social Behavior: Bullies, Bystanders, and Victims</a> <a href="#">Healthy Practices and Hygiene: Brushing and Flossing</a> <a href="#">Mental Health and Wellness: What My Feelings Mean</a> <a href="#">Healthy Eating and Nutrition: The Role of Vitamins and Minerals</a> <a href="#">Disease and Illness Prevention: What Happens at the Doctor?</a> <a href="#">Safety and Accident Prevention: Playground Safety</a>
116.14.b.3.B	demonstrate key elements when catching an accurately and softly thrown large ball without trapping against the body	<a href="#">Catch: Catch a Ball Tossed Underhand</a> <a href="#">Catch: Catch a Ball Thrown Overhand</a> <a href="#">Catch: Assess - Catch</a>	<a href="#">Social Behavior: Bullies, Bystanders, and Victims</a> <a href="#">Responsible Decision Making: Making Healthy Decisions</a> <a href="#">Responsible Decision Making: Introduce - Communicating Online</a> <a href="#">Mental Health and Wellness: What My Feelings Mean</a> <a href="#">Healthy Eating and Nutrition: The Role of Vitamins and Minerals</a> <a href="#">Disease and Illness Prevention: What Happens at the Doctor?</a> <a href="#">Safety and Accident Prevention: Playground Safety</a>
116.14.b.3.C	demonstrate key elements of hand dribbling while walking	<a href="#">Hand Dribble and Pass: Dribble While Walking I</a> <a href="#">Hand Dribble and Pass: Dribble While Walking II</a> <a href="#">Hand Dribble and Pass: Assess - Hand Dribble and Pass</a>	<a href="#">Healthy Practices and Hygiene: What Does Sleep Do for Me?</a> <a href="#">Mental Health and Wellness: What My Feelings Mean</a>
116.14.b.3.D	dribble a ball with control using both feet while walking	<a href="#">Foot Dribble and Pass: Dribble While Walking I</a> <a href="#">Foot Dribble and Pass: Dribble While Walking II</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a>	<a href="#">Social Behavior: Asking for Help</a> <a href="#">Social Behavior: Qualities of a Good Friend</a>
116.14.b.3.E	kick a moving ball using a continuous running approach	<a href="#">Kick: Kick a Ball Moving on the Ground</a> <a href="#">Kick: Kick a Ball Moving in the Air</a> <a href="#">Kick: Assess - Kick</a>	<a href="#">Social Behavior: Bullies, Bystanders, and Victims</a> <a href="#">Responsible Decision Making: Problems Big and Small</a>
116.14.b.3.F	volley a lightweight object with consecutive hits to self or partner	<a href="#">Volley: Volley to a Partner I</a> <a href="#">Volley: Volley to a Partner II</a> <a href="#">Volley: Assess - Volley</a>	<a href="#">Healthy Eating and Nutrition: The Role of Vitamins and Minerals</a>

## Second Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.14.b.3.G	strike a stationary object off the ground or an elevated surface with a hand or short- or long-handled implement consecutively	<a href="#">Strike with Manipulative: Strike Off Ground or Elevation I</a> <a href="#">Strike with Manipulative: Strike Off Ground or Elevation II</a> <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a>	<a href="#">Disease and Illness Prevention: Dimensions of Health</a> <a href="#">Safety and Accident Prevention: Playground Safety</a> <a href="#">Safety and Accident Prevention: Saying No in Risky Situations</a>
116.14.b.3.H	jump forward and backward with a self-turned rope	<a href="#">Jump Rope: Jump a Short Rope</a>	<a href="#">Disease and Illness Prevention: What Happens at the Doctor?</a>
116.14.b.3.I	demonstrate turning and jumping a long rope.	<a href="#">Jump Rope: Turn and Jump a Long Rope</a> <a href="#">Jump Rope: Assess - Jump Rope</a>	<a href="#">Disease and Illness Prevention: Introducing Disease Awareness</a> <a href="#">Disease and Illness Prevention: Use and Misuse of Medications</a>
<b>4. Movement patterns and movement skills--spatial and body awareness.</b>			
116.14.b.4.A	demonstrate locomotor, non-locomotor, and manipulative skills safely in personal and general space	<a href="#">PE 101: Moving My Body</a> <a href="#">Foot Dribble and Pass: Dribble While Walking II</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Volley: Volley to a Partner II</a> <a href="#">Volley: Assess - Volley</a> <a href="#">Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Strike with Manipulative: Strike Off Ground or Elevation I</a> <a href="#">Strike with Manipulative: Strike Off Ground or Elevation II</a> <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a> <a href="#">Track &amp; Field: Locomotor Skills</a> <a href="#">Track &amp; Field: Over and Under</a> <a href="#">Track &amp; Field: Assess - Track &amp; Field</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">General Health: My Health at Home</a> <a href="#">General Health: Influences at Home and School</a> <a href="#">Social Behavior: Qualities of a Good Friend</a> <a href="#">Social Behavior: Bullies, Bystanders, and Victims</a> <a href="#">Mental Health and Wellness: What My Feelings Mean</a> <a href="#">Mental Health and Wellness: Choosing a Growth Mindset</a> <a href="#">Healthy Eating and Nutrition: The Role of Vitamins and Minerals</a> <a href="#">Healthy Eating and Nutrition: Reactions From My Food</a> <a href="#">Disease and Illness Prevention: Dimensions of Health</a> <a href="#">Safety and Accident Prevention: Playground Safety</a> <a href="#">Safety and Accident Prevention: Saying No in Risky Situations</a> <a href="#">Safety and Accident Prevention: Strangers</a> <a href="#">Safety and Accident Prevention: Safety with Spiders and Insects</a>

## Second Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.14.b.4.B	combine pathways, shapes, and levels into simple sequences	<a href="#">Jump, Balance, Spin, and Roll: Jump and Spin</a>  <a href="#">Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll</a>	<a href="#">Healthy Eating and Nutrition: Reactions From My Food</a>  <a href="#">Healthy Eating and Nutrition: The Role Water Plays</a>
116.14.b.4.C	combine speed and direction as directed by the teacher.	<a href="#">Track &amp; Field: Locomotor Skills</a>  <a href="#">Track &amp; Field: Over and Under</a>	<a href="#">General Health: My Health at Home</a> <a href="#">General Health: Influences at Home and School</a> <a href="#">Social Behavior: Qualities of a Good Friend</a> <a href="#">Healthy Eating and Nutrition: Reactions From My Food</a> <a href="#">Disease and Illness Prevention: Dimensions of Health</a> <a href="#">Safety and Accident Prevention: Saying No in Risky Situations</a>
<b>5. Movement patterns and movement skills--rhythmic activities.</b>			
116.14.b.5.A	demonstrate simple rhythmic sequences using various locomotor and coordination skills in eight counts.	<a href="#">PE 101: Moving My Body</a>  <a href="#">Foot Dribble and Pass: Dribble While Walking II</a>  <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a>  <a href="#">Kick: Kick a Ball Moving in the Air</a>  <a href="#">Kick: Assess - Kick</a>  <a href="#">Volley: Volley to a Partner II</a>  <a href="#">Volley: Assess - Volley</a>  <a href="#">Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll</a>  <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a>  <a href="#">Jump Rope: Turn and Jump a Long Rope</a>  <a href="#">Jump Rope: Assess - Jump Rope</a>  <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a>  <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a>  <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>  <a href="#">PE Toolbox: Dance Category</a>	<a href="#">Social Behavior: Asking for Help</a> <a href="#">Social Behavior: Building Relationships With Trusted Adults - Going Deep</a>  <a href="#">Social Behavior: Bullies, Bystanders, and Victims</a>  <a href="#">Responsible Decision Making: Problems Big and Small</a>  <a href="#">Responsible Decision Making: Making Healthy Decisions</a>  <a href="#">Responsible Decision Making: Introduce - Communicating Online</a>  <a href="#">Healthy Practices and Hygiene: Consequences of Poor Hygiene</a>  <a href="#">Healthy Practices and Hygiene: Brushing and Flossing</a>  <a href="#">Mental Health and Wellness: What My Feelings Mean</a>  <a href="#">Mental Health and Wellness: Choosing a Growth Mindset</a>  <a href="#">Healthy Eating and Nutrition: The Role of Vitamins and Minerals</a>  <a href="#">Disease and Illness Prevention: Introducing Disease Awareness</a>  <a href="#">Disease and Illness Prevention: Dimensions of Health</a>  <a href="#">Safety and Accident Prevention: Strangers</a>  <a href="#">PE Toolbox: Dance Category</a>

## Second Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>6. Performance strategies--games and activities.</b>			
116.14.b.6.A	apply the skills of chasing, fleeing, and dodging to avoid or catch others during a variety of games at low, middle, and high levels with appropriate speed and direction	<a href="#">Foot Dribble and Pass: Dribble While Walking I</a> <a href="#">Foot Dribble and Pass: Dribble While Walking II</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Track &amp; Field: Locomotor Skills</a>	<a href="#">General Health: Influences at Home and School</a> <a href="#">Social Behavior: Asking for Help</a> <a href="#">Social Behavior: Qualities of a Good Friend</a> <a href="#">Healthy Eating and Nutrition: Reactions From My Food</a> <a href="#">Safety and Accident Prevention: Saying No in Risky Situations</a> <a href="#">Safety and Accident Prevention: Strangers</a>
116.14.b.6.B	participate in appropriate drills and activities to enhance the learning of specific motor development skills	<a href="#">Catch: Catch a Ball Tossed Underhand</a> <a href="#">Catch: Catch a Ball Thrown Overhand</a> <a href="#">Catch: Assess - Catch</a> <a href="#">Volley: Volley to a Partner I</a> <a href="#">Volley: Volley to a Partner II</a> <a href="#">Volley: Assess - Volley</a> <a href="#">Jump Rope: Jump a Short Rope</a>	<a href="#">General Health: My Health at Home</a> <a href="#">Social Behavior: Qualities of a Good Friend</a> <a href="#">Responsible Decision Making: Making Healthy Decisions</a> <a href="#">Responsible Decision Making: Introduce - Communicating Online</a> <a href="#">Healthy Eating and Nutrition: The Role of Vitamins and Minerals</a> <a href="#">Disease and Illness Prevention: What Happens at the Doctor?</a> <a href="#">Disease and Illness Prevention: Dimensions of Health</a>
116.14.b.6.C	demonstrate safe practices by using equipment appropriately and respecting personal space with minimal teacher guidance.	<a href="#">PE 101: Equipment and Safety</a> <a href="#">Kick: Kick a Ball Moving on the Ground</a> <a href="#">Kick: Kick a Ball Moving in the Air</a> <a href="#">Kick: Assess - Kick</a> <a href="#">Throw: Overhand Throw I</a>	<a href="#">General Health: Influences at Home and School</a> <a href="#">Social Behavior: Building Relationships With Trusted Adults - Going Deep</a> <a href="#">Social Behavior: Bullies, Bystanders, and Victims</a> <a href="#">Responsible Decision Making: Problems Big and Small</a> <a href="#">Healthy Practices and Hygiene: Consequences of Poor Hygiene</a> <a href="#">Healthy Practices and Hygiene: Brushing and Flossing</a>
<b>7. Performance strategies--outdoor and recreational pursuits.</b>			
116.14.b.7.A	describe outdoor recreation and health and fitness activities in school and the community.	<a href="#">Beyond the Gym and Dance: Beyond the Gym III</a> <a href="#">PE Toolbox: Beyond the Gym</a>	<a href="#">PE Toolbox: Beyond the Gym</a>
<b>8. Health, physical activity, and fitness--fitness principles.</b>			
116.14.b.8.A	list the benefits of regular physical activity on the heart and lungs	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: My Health at Home</a>



## Second Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.14.b.8.B	define frequency and endurance as it relates to physical activities	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: My Health at Home</a>
116.14.b.8.C	demonstrate correct technique of exercises that promote health-related fitness.	<a href="#">PE 101: Moving My Body</a>	<a href="#">Healthy Practices and Hygiene: Discovering What Exercise is Right for Me</a>
<b>9. Health, physical activity, and fitness--analyze data.</b>			
116.14.b.9.A	develop health-and skill-related goals with teacher guidance	<a href="#">PE 101: Moving My Body</a> <a href="#">PE 101: Equipment and Safety</a> <a href="#">PE 101: Sporting Behavior</a>	<a href="#">Responsible Decision Making: Importance of Goal Setting</a> <a href="#">Healthy Practices and Hygiene: Discovering What Exercise is Right for Me</a>
116.14.b.9.B	identify how to measure improvement and track progress in physical skills with a measuring tool.	<a href="#">PE 101: Moving My Body</a> <a href="#">PE 101: Equipment and Safety</a> <a href="#">PE 101: Sporting Behavior</a>	<a href="#">Responsible Decision Making: Importance of Goal Setting</a> <a href="#">Healthy Practices and Hygiene: Discovering What Exercise is Right for Me</a>
<b>10. Health, physical activity, and fitness--nutrition and hydration.</b>			
116.14.b.10.A	identify the types of food that produce energy to enhance physical activity	<a href="#">Foot Dribble and Pass: Dribble While Walking II</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">General Health: Influences at Home and School</a> <a href="#">Healthy Eating and Nutrition: The Role of Vitamins and Minerals</a>
116.14.b.10.B	explain the need for proper hydration to enhance physical activity.	<a href="#">Foot Dribble and Pass: Dribble While Walking II</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">General Health: Influences at Home and School</a> <a href="#">Healthy Eating and Nutrition: The Role of Vitamins and Minerals</a>

## Second Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>11. Health, physical activity, and fitness--environmental awareness and safety practices.</b>			
116.14.b.11.A	explain how proper attire and safety equipment promote safe participation and prevent injury in a variety of physical activities	<a href="#">PE 101: Equipment and Safety</a>	<a href="#">General Health: Influences at Home and School</a>  <a href="#">Safety and Accident Prevention: Protecting My Five Senses</a>
116.14.b.11.B	identify and explain safety precautions, including pedestrian, water, sun, cycling, and skating safety.	<a href="#">PE 101: Equipment and Safety</a>	<a href="#">General Health: Influences at Home and School</a> <a href="#">General Health: Reducing Emergency-Causing Hazards</a> <a href="#">Safety and Accident Prevention: Protecting My Five Senses</a> <a href="#">Safety and Accident Prevention: Helmets and Seatbelts</a>
<b>12. Social and emotional health--personal responsibility and self-management.</b>			
116.14.b.12.A	differentiate between the positive and negative consequences of personal actions	<a href="#">Throw: Overhand Throw I</a>  <a href="#">Throw: Assess - Throw</a>	<a href="#">Healthy Practices and Hygiene: Brushing and Flossing</a>
116.14.b.12.B	explain and demonstrate respect for differences and similarities in abilities of self and others	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">General Health: Why Do I Need Healthy Help?</a>
116.14.b.12.C	identify self-management skills to control personal impulses and emotions.	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">Mental Health and Wellness: My Personal Stressors</a>
<b>13. Social and emotional health--resolving conflict and social interaction.</b>			
116.14.b.13.A	identify the causes of problems and propose solutions with teacher guidance	<a href="#">PE 101: Sporting Behavior</a>  <a href="#">Foot Dribble and Pass: Dribble While Walking I</a>  <a href="#">Jump Rope: Jump a Short Rope</a>	<a href="#">General Health: Why Do I Need Healthy Help?</a> <a href="#">General Health: Reducing Emergency-Causing Hazards</a> <a href="#">Social Behavior: Asking for Help</a> <a href="#">Disease and Illness Prevention: What Happens at the Doctor?</a>
116.14.b.13.B	communicate feelings and thoughts appropriately without cue.	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">Mental Health and Wellness: Identifying Strong Feelings</a>
<b>14. Social and emotional health--perseverance.</b>			
116.14.b.14.A	explain how practicing challenging physical activities can build confidence and minimize frustration when learning skills.	<a href="#">Jump Rope: Jump a Short Rope</a>  <a href="#">Track &amp; Field: Locomotor Skills</a>  <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a>	<a href="#">Disease and Illness Prevention: What Happens at the Doctor?</a>  <a href="#">Safety and Accident Prevention: Strangers</a>

## Second Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>15. Social and emotional health—accepting and providing constructive feedback.</b>			
116.14.b.15.A	listen respectfully and respond appropriately to specific corrective feedback with teacher guidance.	<a href="#">Throw: Overhand Throw I</a> <a href="#">Throw: Assess - Throw</a> <a href="#">Jump, Balance, Spin, and Roll: Jump and Spin</a> <a href="#">Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">PE Toolbox: Feedback Sandwich</a>	<a href="#">Healthy Practices and Hygiene: Consequences of Poor Hygiene</a> <a href="#">Healthy Practices and Hygiene: Brushing and Flossing</a> <a href="#">Healthy Eating and Nutrition: Reactions From My Food</a> <a href="#">PE Toolbox: Feedback Sandwich</a>
<b>16. Lifetime wellness--application of lifetime wellness.</b>			
116.14.b.16.A	participate in moderate to vigorous physical activity on a regular basis	<a href="#">PE 101: Moving My Body</a> <a href="#">Foot Dribble and Pass: Dribble While Walking II</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Volley: Volley to a Partner II</a> <a href="#">Volley: Assess - Volley</a> <a href="#">Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">Social Behavior: Bullies, Bystanders, and Victims</a> <a href="#">Mental Health and Wellness: What My Feelings Mean</a> <a href="#">Mental Health and Wellness: Choosing a Growth Mindset</a> <a href="#">Healthy Eating and Nutrition: The Role of Vitamins and Minerals</a> <a href="#">Disease and Illness Prevention: Dimensions of Health</a>
116.14.b.16.B	identify and select physical activities for personal enjoyment.	<a href="#">PE 101: Moving My Body</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">General Health: My Health at Home</a>

## Third Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>1. Movement patterns and movement skills--locomotor skills.</b>			
116.15.b.1.A	demonstrate correct technique while hopping, galloping, running, sliding, skipping, and leaping	<a href="#">Track &amp; Field: Locomotor Skills</a> <a href="#">Track &amp; Field: Leap</a> <a href="#">Track &amp; Field: Assess - Track &amp; Field</a>	<a href="#">General Health: My Health at School</a> <a href="#">Social Behavior: Healthy and Unhealthy Influences</a> <a href="#">Responsible Decision Making: Time Management and Goal Setting</a> <a href="#">Safety and Accident Prevention: Safe Spaces in the Community</a> <a href="#">Safety and Accident Prevention: Safety with Spiders and Insects - Going Deeper</a>
116.15.b.1.B	demonstrate correct jumping and landing technique from different heights	<a href="#">Jump, Balance, Spin, and Roll: Jump from Various Heights</a> <a href="#">Jump, Balance, Spin, and Roll: Jump and Balance</a>	<a href="#">Healthy Eating and Nutrition: The Role Water Plays - Going Deeper</a>
116.15.b.1.C	demonstrate intermediate balancing to include equipment, cross lateralization using a variety of coordination skills, and sequencing of three skills with repetition	<a href="#">Jump, Balance, Spin, and Roll: Jump and Balance</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a>	<a href="#">Responsible Decision Making: Time Management and Goal Setting</a> <a href="#">Mental Health and Wellness: Healthy Coping Strategies</a> <a href="#">Healthy Eating and Nutrition: Peer Influence</a>
116.15.b.1.D	spin and roll with control at different levels, speeds, and positions with manipulatives.	<a href="#">Foot Dribble and Pass: Dribble While Jogging I</a> <a href="#">Foot Dribble and Pass: Dribble While Jogging II</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Volley: Volley to a Partner I</a> <a href="#">Volley: Volley to a Partner II</a> <a href="#">Volley: Assess - Volley</a>	<a href="#">Social Behavior: Resolving Conflicts</a> <a href="#">Social Behavior: Healthy and Unhealthy Friendships</a> <a href="#">Mental Health and Wellness: When I Feel Angry</a>
<b>2. Movement patterns and movement skills--non-locomotor skills.</b>			
116.15.b.2.A	demonstrate moving in and out of a balanced position with control during dynamic activities	<a href="#">Foot Dribble and Pass: Dribble While Jogging I</a> <a href="#">Foot Dribble and Pass: Dribble While Jogging II</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Jump, Balance, Spin, and Roll: Jump and Balance</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a>	<a href="#">Responsible Decision Making: Evaluating Solutions and Consequences</a> <a href="#">Responsible Decision Making: Setting My Intentions</a> <a href="#">Responsible Decision Making: Time Management and Goal Setting</a> <a href="#">Mental Health and Wellness: When I Feel Angry</a> <a href="#">Healthy Eating and Nutrition: Peer Influence</a>

## Third Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.15.b.2.B	combine bending, stretching, twisting, curling, pushing, pulling, and swaying in a variety of activities.	<a href="#">Throw: Overhand Throw II</a> <a href="#">Throw: Assess - Throw</a> <a href="#">Track &amp; Field: Leap</a> <a href="#">Track &amp; Field: Assess - Track &amp; Field</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">General Health: My Health at School</a> <a href="#">Mental Health and Wellness: Healthy Coping Strategies</a> <a href="#">Safety and Accident Prevention: Safe Spaces in the Community</a>
<b>3. Movement patterns and movement skills--manipulative skills.</b>			
116.15.b.3.A	demonstrate key elements in underhand and overhand throwing to a partner with accuracy	<a href="#">Throw: Overhand Throw I</a> <a href="#">Throw: Overhand Throw II</a> <a href="#">Throw: Assess - Throw</a>	<a href="#">Social Behavior: Healthy and Unhealthy Influences</a> <a href="#">Responsible Decision Making: Evaluating Solutions and Consequences</a> <a href="#">Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Systems</a> <a href="#">Healthy Practices and Hygiene: Brushing and Flossing - Going Deeper</a> <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a> <a href="#">Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper</a> <a href="#">Mental Health and Wellness: Healthy Coping Strategies</a> <a href="#">Disease and Illness Prevention: Avoiding Misuse of Medications</a>
116.15.b.3.B	demonstrate key elements when catching an accurately and softly thrown large ball with a partner without trapping against the body	<a href="#">Catch: Catch a Ball Tossed Underhand</a> <a href="#">Catch: Catch a Ball Thrown Overhand</a> <a href="#">Catch: Assess - Catch</a>	<a href="#">Social Behavior: Healthy and Unhealthy Influences</a> <a href="#">Responsible Decision Making: Evaluating Solutions and Consequences</a> <a href="#">Responsible Decision Making: Setting My Intentions</a> <a href="#">Responsible Decision Making: Time Management and Goal Setting</a> <a href="#">Responsible Decision Making: Communicating Online</a> <a href="#">Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper</a> <a href="#">Mental Health and Wellness: Healthy Coping Strategies</a> <a href="#">Disease and Illness Prevention: Avoiding Misuse of Medications</a>

## Third Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.15.b.3.C	demonstrate key elements of hand dribbling while slowly jogging and maintaining ball control	<a href="#">Hand Dribble and Pass: Dribble While Jogging I</a> <a href="#">Hand Dribble and Pass: Dribble While Jogging II</a> <a href="#">Hand Dribble and Pass: Assess - Hand Dribble and Pass</a>	<a href="#">Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper</a> <a href="#">Mental Health and Wellness: Healthy Coping Strategies</a> <a href="#">Mental Health and Wellness: Managing My Stress</a>
116.15.b.3.D	dribble a ball with control using both feet while slowly jogging	<a href="#">Foot Dribble and Pass: Dribble While Jogging I</a> <a href="#">Foot Dribble and Pass: Dribble While Jogging II</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a>	<a href="#">Social Behavior: Resolving Conflicts</a> <a href="#">Social Behavior: Healthy and Unhealthy Friendships</a>
116.15.b.3.E	kick a moving ball on the ground and in the air using a continuous running approach	<a href="#">Kick: Kick a Moving Ball I</a> <a href="#">Kick: Kick a Moving Ball II</a> <a href="#">Kick: Assess - Kick</a>	<a href="#">Social Behavior: Assertiveness and Bullying</a> <a href="#">Responsible Decision Making: Evaluating Solutions and Consequences</a>
116.15.b.3.F	demonstrate correct technique in volleying to a wall or partner and over an object or net	<a href="#">Volley: Volley to a Partner I</a> <a href="#">Volley: Volley to a Partner II</a> <a href="#">Volley: Assess - Volley</a>	<a href="#">Mental Health and Wellness: When I Feel Angry</a>
116.15.b.3.G	demonstrate correct technique when striking a moving object over a low net or to a wall with a hand or short- or long-handled implement	<a href="#">Strike with Manipulative: Strike Off Ground or Elevation</a> <a href="#">Strike with Manipulative: Strike Over a Net</a> <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a>	<a href="#">Safety and Accident Prevention: Water Safety</a> <a href="#">Safety and Accident Prevention: Personal Safety Assistance*</a>
116.15.b.3.H	jump a self-turned rope using a variety of basic skills	<a href="#">Jump Rope: Short Jump Rope Tricks</a> <a href="#">Jump Rope: Assess - Jump Rope</a>	<a href="#">Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper</a>
116.15.b.3.I	enter and exit a turned long rope using basic jumping skills.	<a href="#">Jump Rope: Long Jump Rope Tricks</a> <a href="#">Jump Rope: Assess - Jump Rope</a>	<a href="#">Disease and Illness Prevention: Disease Awareness</a> <a href="#">Disease and Illness Prevention: Avoiding Misuse of Medications</a>

## Third Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>4. Movement patterns and movement skills--spatial and body awareness.</b>			
116.15.b.4.A	demonstrate locomotor, non-locomotor, and manipulative skills safely in personal and open space	<a href="#">Throw: Overhand Throw II</a> <a href="#">Throw: Assess - Throw</a> <a href="#">Jump, Balance, Spin, and Roll: Jump and Balance</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Strike with Manipulative: Strike Off Ground or Elevation</a> <a href="#">Strike with Manipulative: Strike Over a Net</a> <a href="#">Track &amp; Field: Locomotor Skills</a> <a href="#">Track &amp; Field: Leap</a> <a href="#">Track &amp; Field: Assess - Track &amp; Field</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">General Health: My Health at School</a> <a href="#">General Health: Fire Safety</a> <a href="#">Social Behavior: Healthy and Unhealthy Influences</a> <a href="#">Social Behavior: Assertiveness and Bullying</a> <a href="#">Responsible Decision Making: Evaluating Solutions and Consequences</a> <a href="#">Responsible Decision Making: Setting My Intentions</a> <a href="#">Responsible Decision Making: Time Management and Goal Setting</a> <a href="#">Responsible Decision Making: Communicating Online</a> <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a> <a href="#">Mental Health and Wellness: Healthy Coping Strategies</a> <a href="#">Mental Health and Wellness: Managing My Stress</a> <a href="#">Mental Health and Wellness: When I Feel Angry</a> <a href="#">Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper</a> <a href="#">Disease and Illness Prevention: Healthy Balance</a> <a href="#">Safety and Accident Prevention: Water Safety</a> <a href="#">3M10-1</a>
116.15.b.4.B	combine pathways and levels into various movement patterns in a wide variety of physical activities	<a href="#">Jump, Balance, Spin, and Roll: Jump and Balance</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a>	<a href="#">Healthy Eating and Nutrition: Peer Influence</a> <a href="#">3M10-1</a>
116.15.b.4.C	combine speed, direction, and force as directed by teacher.	<a href="#">Track &amp; Field: Locomotor Skills</a>	<a href="#">General Health: My Health at School</a> <a href="#">Social Behavior: Healthy and Unhealthy Influences</a> <a href="#">Responsible Decision Making: Time Management and Goal Setting</a> <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a> <a href="#">Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper</a> <a href="#">Disease and Illness Prevention: Healthy Balance</a>

## Third Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>5. Movement patterns and movement skills--rhythmic activities.</b>			
116.15.b.5.A	demonstrate various rhythmic combinations of locomotor skills of eight counts in repeatable patterns when leading or following a partner.	<a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a> <a href="#">PE Toolbox: Dance Category</a>	<a href="#">Social Behavior: Resolving Conflicts</a> <a href="#">Social Behavior: Healthy and Unhealthy Friendships</a> <a href="#">Responsible Decision Making: Communicating Online</a> <a href="#">PE Toolbox: Dance Category</a>
<b>6. Performance strategies--games and activities.</b>			
116.15.b.6.A	combine the skills of chasing, fleeing, and dodging to avoid or catch others during a variety of games	<a href="#">Foot Dribble and Pass: Dribble While Jogging I</a> <a href="#">Foot Dribble and Pass: Dribble While Jogging II</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Strike with Manipulative: Strike Off Ground or Elevation</a> <a href="#">Track &amp; Field: Locomotor Skills</a>	<a href="#">Social Behavior: Resolving Conflicts</a> <a href="#">Social Behavior: Healthy and Unhealthy Friendships</a> <a href="#">Disease and Illness Prevention: Healthy Balance</a> <a href="#">Safety and Accident Prevention: Safe Spaces in the Community</a>
116.15.b.6.B	demonstrate specific movement skills to improve performance in designated dynamic activities	<a href="#">Catch: Catch a Ball Tossed Underhand</a> <a href="#">Catch: Catch a Ball Thrown Overhand</a> <a href="#">Catch: Assess - Catch</a> <a href="#">Volley: Volley to a Partner I</a> <a href="#">Volley: Volley to a Partner II</a> <a href="#">Volley: Assess - Volley</a> <a href="#">Jump Rope: Short Jump Rope Tricks</a> <a href="#">Jump Rope: Assess - Jump Rope</a>	<a href="#">Responsible Decision Making: Setting My Intentions</a> <a href="#">Responsible Decision Making: Time Management and Goal Setting</a> <a href="#">Responsible Decision Making: Communicating Online</a> <a href="#">Mental Health and Wellness: When I Feel Angry</a> <a href="#">Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper</a>
116.15.b.6.C	explain and follow rules, procedures, and safe practices during games and activities	<a href="#">PE 101: Sporting Behavior</a> <a href="#">Kick: Kick a Moving Ball I</a> <a href="#">Kick: Kick a Moving Ball II</a> <a href="#">Kick: Assess - Kick</a> <a href="#">Throw: Overhand Throw I</a> <a href="#">Throw: Assess - Throw</a>	<a href="#">General Health: When Should I Ask for Help?</a> <a href="#">Social Behavior: Healthy and Unhealthy Influences</a> <a href="#">Social Behavior: Assertiveness and Bullying</a> <a href="#">Responsible Decision Making: Evaluating Solutions and Consequences</a> <a href="#">Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Systems</a> <a href="#">Healthy Practices and Hygiene: Brushing and Flossing - Going Deeper</a> <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a>



## Third Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>7. Performance strategies--outdoor and recreational pursuits.</b>			
116.15.b.7.A	participate in introductory outdoor recreational skills and activities such as rock climbing, hiking, paddle sports, disc golf, or challenge courses.	<a href="#">Beyond the Gym and Dance: Beyond the Gym III</a> <a href="#">PE Toolbox: Beyond the Gym</a>	<a href="#">PE Toolbox: Beyond the Gym</a>
<b>8. Health, physical activity, and fitness--fitness principles.</b>			
116.15.b.8.A	describe the benefits of regular physical activity, including stress management	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: My Health at School</a> <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a>
116.15.b.8.B	identify the importance of frequency and intensity during endurance activities	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: My Health at School</a>
116.15.b.8.C	explain and demonstrate the correct techniques of health-related fitness components	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: My Health at School</a>
<b>9. Health, physical activity, and fitness--analyze data.</b>			
116.15.b.9.A	describe the importance of setting personal fitness goals in improving health-related fitness	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">General Health: My Health at School</a>
116.15.b.9.B	identify how to measure improvement and track progress for health-related fitness identify how to measure improvement and track progress for health-related fitness	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">General Health: My Health at School</a>
<b>10. Health, physical activity, and fitness--nutrition and hydration.</b>			
116.15.b.10.A	differentiate between healthy and unhealthy foods and their impact on sustainable energy for physical activity	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: My Health at School</a>
116.15.b.10.B	differentiate between water and processed sugar or high-calorie drinks and their impact on sustainable energy for physical activity	<a href="#">PE 101: Moving My Body</a>	<a href="#">Healthy Eating and Nutrition: Where Do Nutrients Come From?</a>

## Third Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>11. Health, physical activity, and fitness--environmental awareness and safety practices.</b>			
116.15.b.11.A	select proper attire and safety equipment that promote safe participation and prevent injury in a variety of physical activities	<a href="#">PE 101: Equipment and Safety</a>	<a href="#">General Health: Cultural Influences on Health</a>  <a href="#">Safety and Accident Prevention: Protecting My Five Senses</a>
116.15.b.11.B	exhibit correct safety precautions, including pedestrian, water, sun, cycling, skating, and scooter safety.	<a href="#">PE 101: Equipment and Safety</a>	<a href="#">General Health: Cultural Influences on Health</a> <a href="#">Safety and Accident Prevention: Protecting My Five Senses</a> <a href="#">Safety and Accident Prevention: Water Safety</a> <a href="#">Safety and Accident Prevention: Helmets and Seatbelts</a>
<b>12. Social and emotional health--personal responsibility and self-management.</b>			
116.15.b.12.A	explain that personal actions have consequences for self and others	<a href="#">PE 101: Sporting Behavior</a>  <a href="#">Throw: Overhand Throw I</a>  <a href="#">Throw: Assess - Throw</a>  <a href="#">Hand Dribble and Pass: Dribble While Jogging I</a>  <a href="#">Hand Dribble and Pass: Dribble While Jogging II</a>  <a href="#">Hand Dribble and Pass: Assess - Hand Dribble and Pass</a>	<a href="#">General Health: When Should I Ask for Help?</a> <a href="#">Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Systems</a> <a href="#">Healthy Practices and Hygiene: Brushing and Flossing - Going Deeper</a> <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a> <a href="#">Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper</a> <a href="#">Mental Health and Wellness: Healthy Coping Strategies</a> <a href="#">Mental Health and Wellness: Managing My Stress</a>
116.15.b.12.B	demonstrate respect for differences and similarities in abilities of self and others	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">General Health: When Should I Ask for Help?</a>
116.15.b.12.C	explain and demonstrate self-management skills to control personal impulses and emotions.	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">Mental Health and Wellness: Healthy Coping Strategies</a>  <a href="#">Mental Health and Wellness: Managing My Stress</a>
<b>13. Social and emotional health--resolving conflict and social interaction.</b>			
116.15.b.13.A	demonstrate respect and cooperation through words and actions during various group activities	<a href="#">PE 101: Sporting Behavior</a>  <a href="#">Foot Dribble and Pass: Dribble While Jogging I</a>  <a href="#">Foot Dribble and Pass: Dribble While Jogging II</a>  <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a>  <a href="#">Jump Rope: Long Jump Rope Tricks</a>	<a href="#">General Health: When Should I Ask for Help?</a> <a href="#">Social Behavior: Resolving Conflicts</a> <a href="#">Social Behavior: Healthy and Unhealthy Friendships</a> <a href="#">Disease and Illness Prevention: Disease Awareness</a>

## Third Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.15.b.13.B	identify the feelings of others	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">Social Behavior: Healthy and Unhealthy Friendships</a> <a href="#">Social Behavior: Healthy and Unhealthy Influences</a> <a href="#">Mental Health and Wellness: When I Feel Angry</a>
<b>14. Social and emotional health--perseverance.</b>			
116.15.b.14.A	explain how practicing challenging physical activities can build confidence and minimize frustration when learning a variety of new skills	<a href="#">Jump Rope: Short Jump Rope Tricks</a> <a href="#">Jump Rope: Long Jump Rope Tricks</a> <a href="#">Jump Rope: Assess - Jump Rope</a> <a href="#">Track &amp; Field: Locomotor Skills</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a>	<a href="#">Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper</a> <a href="#">Disease and Illness Prevention: Disease Awareness</a> <a href="#">Disease and Illness Prevention: Avoiding Misuse of Medications</a> <a href="#">Safety and Accident Prevention: Safe Spaces in the Community</a>
<b>15. Social and emotional health--accepting and providing constructive feedback.</b>			
116.15.b.15.A	listen respectfully to make appropriate changes in performance based on feedback	<a href="#">Throw: Overhand Throw I</a> <a href="#">Throw: Overhand Throw II</a> <a href="#">Throw: Assess - Throw</a> <a href="#">Jump, Balance, Spin, and Roll: Jump from Various Heights</a> <a href="#">Jump, Balance, Spin, and Roll: Jump and Balance</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">PE Toolbox: Feedback Sandwich</a>	<a href="#">Healthy Practices and Hygiene: Brushing and Flossing - Going Deeper</a> <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a> <a href="#">Healthy Eating and Nutrition: Making Nutritional Choices</a> <a href="#">Healthy Eating and Nutrition: The Role Water Plays - Going Deeper</a> <a href="#">Healthy Eating and Nutrition: Peer Influence</a> <a href="#">PE Toolbox: Feedback Sandwich</a>
<b>16. Lifetime wellness--application of lifetime wellness.</b>			
116.15.b.16.A	differentiate among types of and participate in moderate to vigorous physical activity for a sustained period of time on a regular basis using technology when available	<a href="#">PE 101: Moving My Body</a>	<a href="#">Social Behavior: Resolving Conflicts</a> <a href="#">Social Behavior: Healthy and Unhealthy Friendships</a> <a href="#">Social Behavior: Assertiveness and Bullying</a> <a href="#">Responsible Decision Making: Communicating Online</a> <a href="#">Healthy Eating and Nutrition: Peer Influence</a> <a href="#">Safety and Accident Prevention: Safe Spaces in the Community</a> <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a>
116.15.b.16.B	select and participate in physical activity for personal enjoyment	<a href="#">PE 101: Moving My Body</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a>

## Fourth Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>1. Movement patterns and movement skills--locomotor skills.</b>			
116.16.b.1.A	demonstrate and apply correct technique in a variety of locomotor skills during dynamic activities	<a href="#">Hand Dribble and Pass: Dribble While Jogging</a>  <a href="#">Hand Dribble and Pass: Passing</a>	<a href="#">General Health: Preventing an Emergency</a>  <a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being</a>  <a href="#">Healthy Eating and Nutrition: Nutritional Goals</a>  <a href="#">Disease and Illness Prevention: Caring for My Mental Health</a>  <a href="#">Disease and Illness Prevention: Why Do I Need a Prescription?</a>  <a href="#">Disease and Illness Prevention: Personal Health Habits</a>
116.16.b.1.B	demonstrate correct jumping and landing technique while performing a long jump and a full turn jump	<a href="#">Jump, Balance, Spin, and Roll: Full Turn Jump</a>  <a href="#">Jump, Balance, Spin, and Roll: Balance</a>  <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a>  <a href="#">Track &amp; Field: Long Jump</a>  <a href="#">Track &amp; Field: Assess - Track &amp; Field</a>	<a href="#">General Health: Discover - Managing My Health Influences</a>  <a href="#">General Health: Finding the Right Healthy Helper</a>  <a href="#">General Health: Preventing an Emergency</a>  <a href="#">Social Behavior: Standing Up for Others</a>  <a href="#">Responsible Decision Making: Steps to Achieving My Goal</a>  <a href="#">Responsible Decision Making: Sharing Information Online</a>  <a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being</a>  <a href="#">Healthy Practices and Hygiene: Setting Sleep Routines</a>  <a href="#">Mental Health and Wellness: When I Feel Anxious</a>  <a href="#">Mental Health and Wellness: Expressing Empathy</a>  <a href="#">Healthy Eating and Nutrition: Negative Effects of Food</a>  <a href="#">Healthy Eating and Nutrition: Nutritional Goals</a>  <a href="#">Healthy Eating and Nutrition: Refusal Skills</a>  <a href="#">Disease and Illness Prevention: Why Do I Need a Prescription?</a>  <a href="#">Disease and Illness Prevention: Personal Health Habits</a>  <a href="#">Safety and Accident Prevention: Sharp Objects*</a>

## Fourth Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.16.b.1.C	demonstrate intermediate balancing to include equipment, cross lateralization using a variety of coordination skills, and sequencing of four skills with repetition	<a href="#">Catch: Catch in Action</a> <a href="#">Catch: Assess - Catch</a> <a href="#">Jump, Balance, Spin, and Roll: Balance</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Strike with Manipulative: Strike Over a Net With a Partner</a> <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">General Health: Finding the Right Healthy Helper</a> <a href="#">General Health: Preventing an Emergency</a> <a href="#">Social Behavior: Standing Up for Others</a> <a href="#">Responsible Decision Making: Steps to Achieving My Goal</a> <a href="#">Healthy Practices and Hygiene: Setting Sleep Routines</a> <a href="#">Mental Health and Wellness: When I Feel Anxious</a> <a href="#">Healthy Eating and Nutrition: Introducing Food Labels</a> <a href="#">Healthy Eating and Nutrition: Refusal Skills</a>
116.16.b.1.D	spin and roll with control at different levels, speeds, and positions with manipulatives.	<a href="#">Foot Dribble and Pass: Passing</a> <a href="#">Foot Dribble and Pass: Receiving</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Volley: Underhand Pass</a> <a href="#">Volley: Overhead Pass</a> <a href="#">Volley: Assess - Volley</a>	<a href="#">General Health: Preventing an Emergency</a> <a href="#">Social Behavior: Reading Body Language</a> <a href="#">Social Behavior: Respecting Individual Differences</a> <a href="#">Mental Health and Wellness: When I Feel Anxious</a> <a href="#">Mental Health and Wellness: Improving Myself</a> <a href="#">Mental Health and Wellness: Expressing Empathy</a> <a href="#">Healthy Eating and Nutrition: Introducing Food Labels</a>
<b>2. Movement patterns and movement skills--non-locomotor skills.</b>			
116.16.b.2.A	transfer body weight over, under, and on equipment with good control	<a href="#">Hand Dribble and Pass: Dribble While Jogging</a> <a href="#">Hand Dribble and Pass: Passing</a> <a href="#">Jump, Balance, Spin, and Roll: Balance</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Track &amp; Field: Long Jump</a> <a href="#">Track &amp; Field: Assess - Track &amp; Field</a>	<a href="#">Healthy Eating and Nutrition: Refusal Skills</a> <a href="#">Safety and Accident Prevention: Sharp Objects*</a>

## Fourth Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.16.b.2.B	move into and out of various combinations of bending, stretching, twisting, curling, pushing, pulling, and swaying in a variety of activities.	<a href="#">Catch: Catch in Action</a> <a href="#">Catch: Assess - Catch</a> <a href="#">Strike with Manipulative: Strike Over a Net With a Partner</a> <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">General Health: Discover - Managing My Health Influences</a> <a href="#">Social Behavior: Standing Up for Others</a> <a href="#">Responsible Decision Making: Steps to Achieving My Goal</a> <a href="#">Responsible Decision Making: Sharing Information Online</a> <a href="#">Mental Health and Wellness: When I Feel Anxious</a> <a href="#">Mental Health and Wellness: Expressing Empathy</a> <a href="#">Healthy Eating and Nutrition: Negative Effects of Food</a> <a href="#">Healthy Eating and Nutrition: Nutritional Goals</a> <a href="#">Healthy Eating and Nutrition: Refusal Skills</a> <a href="#">Disease and Illness Prevention: Why Do I Need a Prescription?</a>
<b>3. Movement patterns and movement skills--manipulative skills.</b>			
116.16.b.3.A	practice the key elements of manipulative skills, including eye on target, follow-through, body weight transfer, and body position, during dynamic activities	<a href="#">Throw: Throw While Moving I</a> <a href="#">Throw: Throw While Moving II</a> <a href="#">Throw: Assess - Throw</a>	<a href="#">Social Behavior: Respecting Individual Differences</a> <a href="#">Social Behavior: Healthy and Unhealthy Influences - Going Deeper</a> <a href="#">Responsible Decision Making: Learning from Situations</a> <a href="#">Healthy Practices and Hygiene: Creating Healthy Habits</a> <a href="#">Healthy Practices and Hygiene: Exploring Lifetime Benefits of Healthy Teeth</a> <a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being</a> <a href="#">Mental Health and Wellness: Improving Myself</a> <a href="#">Healthy Eating and Nutrition: Introducing Food Labels</a> <a href="#">Safety and Accident Prevention: Introduce - Advocating for Accident Prevention</a> <a href="#">Safety and Accident Prevention: Setting Personal Boundaries</a>

## Fourth Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.16.b.3.B	practice the key elements of catching a ball at a variety of levels above and below the waist	<a href="#">Catch: Catch in Various Positions</a>  <a href="#">Catch: Catch in Action</a>	<a href="#">Social Behavior: Respecting Individual Differences</a>  <a href="#">Social Behavior: Healthy and Unhealthy Influences - Going Deeper</a>  <a href="#">Responsible Decision Making: Learning from Situations</a>  <a href="#">Responsible Decision Making: Evaluating My Decisions</a>  <a href="#">Responsible Decision Making: Steps to Achieving My Goal</a>  <a href="#">Healthy Practices and Hygiene: Creating Healthy Habits</a>  <a href="#">Mental Health and Wellness: Improving Myself</a>  <a href="#">Healthy Eating and Nutrition: Introducing Food Labels</a>  <a href="#">Disease and Illness Prevention: Caring for My Mental Health</a>  <a href="#">Safety and Accident Prevention: Introduce - Advocating for Accident Prevention</a>  <a href="#">Safety and Accident Prevention: Setting Personal Boundaries</a>
116.16.b.3.C	demonstrate key elements of hand dribbling with dominant and non-dominant hand while changing both speed and direction	<a href="#">Hand Dribble and Pass: Dribble While Jogging</a>  <a href="#">Hand Dribble and Pass: Passing</a>	<a href="#">Healthy Practices and Hygiene: Setting Sleep Routines</a>  <a href="#">Mental Health and Wellness: Managing Overwhelming Emotions</a>
116.16.b.3.D	dribble a ball with control alternating feet while changing both speed and direction with a partner	<a href="#">Foot Dribble and Pass: Receiving</a>	<a href="#">Social Behavior: Reading Body Language</a>
116.16.b.3.E	identify and demonstrate the key elements in kicking patterns, including body position, weight transfer, and follow-through	<a href="#">Kick: Kick a Moving Ball I</a>  <a href="#">Kick: Kick a Moving Ball II</a>  <a href="#">Kick: Assess - Kick</a>	<a href="#">Social Behavior: Healthy and Unhealthy Influences - Going Deeper</a>  <a href="#">Social Behavior: Standing Up for Others</a>  <a href="#">Responsible Decision Making: Learning from Situations</a>
116.16.b.3.F	demonstrate correct technique in underhand and overhead volleying to a wall, net, or partner	<a href="#">Volley: Underhand Pass</a>  <a href="#">Volley: Overhead Pass</a>  <a href="#">Volley: Assess - Volley</a>	<a href="#">Mental Health and Wellness: Improving Myself</a>  <a href="#">Mental Health and Wellness: Expressing Empathy</a>  <a href="#">Healthy Eating and Nutrition: Introducing Food Labels</a>

## Fourth Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.16.b.3.G	demonstrate correct technique when striking an object with a hand or short- or long-handled implement with a partner	<a href="#">Strike with Manipulative: Strike Off Elevation With a Partner</a> <a href="#">Strike with Manipulative: Strike Over a Net With a Partner</a> <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a>	<a href="#">Disease and Illness Prevention: Personal Health Habits</a> <a href="#">Safety and Accident Prevention: Introduce - Advocating for Accident Prevention</a> <a href="#">Safety and Accident Prevention: Setting Personal Boundaries</a>
116.16.b.3.H	jump a self-turned rope using a variety of intermediate skills	<a href="#">Jump Rope: Short Jump Rope Tricks</a> <a href="#">Jump Rope: Assess - Jump Rope</a>	<a href="#">Disease and Illness Prevention: Caring for My Mental Health</a>
116.16.b.3.I	demonstrate entering and exiting a turned long rope using intermediate jumping skills	<a href="#">Jump Rope: Long Jump Rope Tricks</a> <a href="#">Jump Rope: Assess - Jump Rope</a>	<a href="#">Disease and Illness Prevention: Communicable and Noncommunicable Diseases</a> <a href="#">Disease and Illness Prevention: Why Do I Need a Prescription?</a>
<b>4. Movement patterns and movement skills--spatial and body awareness.</b>			
116.16.b.4.A	demonstrate the appropriate use of open space and closing space during dynamic activities:	<a href="#">Catch: Catch in Action</a> <a href="#">Catch: Assess - Catch</a> <a href="#">Strike with Manipulative: Strike Over a Net With a Partner</a> <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">General Health: Preventing an Emergency</a> <a href="#">Social Behavior: Reading Body Language</a> <a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being</a> <a href="#">Mental Health and Wellness: When I Feel Anxious</a> <a href="#">Mental Health and Wellness: Improving Myself</a> <a href="#">Mental Health and Wellness: Expressing Empathy</a> <a href="#">Healthy Eating and Nutrition: Nutritional Goals</a> <a href="#">Healthy Eating and Nutrition: Refusal Skills</a> <a href="#">Disease and Illness Prevention: Caring for My Mental Health</a> <a href="#">Disease and Illness Prevention: Why Do I Need a Prescription?</a> <a href="#">Disease and Illness Prevention: Personal Health Habits</a> <a href="#">Safety and Accident Prevention: Situational Awareness</a>



## Fourth Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.16.b.4.B	demonstrate appropriate use of pathways and levels during dynamic activities and lead-up games	<a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Hand Dribble and Pass: Dribble While Jogging</a> <a href="#">Hand Dribble and Pass: Passing</a> <a href="#">Hand Dribble and Pass: Assess - Hand Dribble and Pass</a>	<a href="#">General Health: Preventing an Emergency</a> <a href="#">Social Behavior: Respecting Individual Differences</a> <a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being</a> <a href="#">Mental Health and Wellness: When I Feel Anxious</a> <a href="#">Healthy Eating and Nutrition: Nutritional Goals</a> <a href="#">Disease and Illness Prevention: Caring for My Mental Health</a> <a href="#">Disease and Illness Prevention: Why Do I Need a Prescription?</a> <a href="#">Disease and Illness Prevention: Personal Health Habits</a>
116.16.b.4.C	apply speed, direction, and force during dynamic activities and lead-up games	<a href="#">Kick: Kick a Moving Ball I</a> <a href="#">Kick: Kick a Moving Ball II</a> <a href="#">Kick: Assess - Kick</a> <a href="#">Throw: Throw While Moving I</a> <a href="#">Throw: Throw While Moving II</a> <a href="#">Throw: Assess - Throw</a> <a href="#">Volley: Underhand Pass</a> <a href="#">Volley: Overhead Pass</a> <a href="#">Volley: Assess - Volley</a>	<a href="#">General Health: Preventing an Emergency</a> <a href="#">Social Behavior: Standing Up for Others</a> <a href="#">Responsible Decision Making: Learning from Situations</a> <a href="#">Healthy Practices and Hygiene: Creating Healthy Habits</a> <a href="#">Healthy Practices and Hygiene: Exploring Lifetime Benefits of Healthy Teeth</a> <a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being</a> <a href="#">Mental Health and Wellness: When I Feel Anxious</a> <a href="#">Mental Health and Wellness: Improving Myself</a> <a href="#">Mental Health and Wellness: Expressing Empathy</a> <a href="#">Healthy Eating and Nutrition: Introducing Food Labels</a> <a href="#">Healthy Eating and Nutrition: Nutritional Goals</a> <a href="#">Disease and Illness Prevention: Caring for My Mental Health</a> <a href="#">Disease and Illness Prevention: Why Do I Need a Prescription?</a> <a href="#">Disease and Illness Prevention: Personal Health Habits</a>

## Fourth Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>5. Movement patterns and movement skills--rhythmic activities.</b>			
116.16.b.5.A	demonstrate a rhythmic routine with appropriate steps and movement patterns individually or in a group	<a href="#">Catch: Catch in Action</a> <a href="#">Catch: Assess - Catch</a> <a href="#">Strike with Manipulative: Strike Over a Net With a Partner</a> <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a> <a href="#">PE Toolbox: Dance Category</a>	<a href="#">Social Behavior: Reading Body Language</a> <a href="#">Social Behavior: Standing Up for Others</a> <a href="#">Responsible Decision Making: Steps to Achieving My Goal</a> <a href="#">Mental Health and Wellness: When I Feel Anxious</a> <a href="#">Mental Health and Wellness: Improving Myself</a> <a href="#">Mental Health and Wellness: Expressing Empathy</a> <a href="#">Healthy Eating and Nutrition: Introducing Food Labels</a> <a href="#">Healthy Eating and Nutrition: Nutritional Goals</a> <a href="#">Healthy Eating and Nutrition: Refusal Skills</a> <a href="#">Safety and Accident Prevention: Situational Awareness</a> <a href="#">PE Toolbox: Dance Category</a>
<b>6. Performance strategies--games and activities.</b>			
116.16.b.6.A	explain fundamental components and strategies of dynamic activities and lead-up games	<a href="#">Foot Dribble and Pass: Passing</a> <a href="#">Foot Dribble and Pass: Receiving</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Volley: Underhand Pass</a> <a href="#">Volley: Overhead Pass</a> <a href="#">Volley: Assess - Volley</a> <a href="#">Strike with Manipulative: Strike Over a Net With a Partner</a> <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a>	<a href="#">General Health: Preventing an Emergency</a> <a href="#">Social Behavior: Reading Body Language</a> <a href="#">Social Behavior: Respecting Individual Differences</a> <a href="#">Mental Health and Wellness: Improving Myself</a> <a href="#">Mental Health and Wellness: Expressing Empathy</a> <a href="#">Healthy Eating and Nutrition: Introducing Food Labels</a> <a href="#">Safety and Accident Prevention: Introduce - Advocating for Accident Prevention</a> <a href="#">Safety and Accident Prevention: Setting Personal Boundaries</a>

## Fourth Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.16.b.6.B	practice and demonstrate specific movement skills in designated dynamic activities and lead-up games with a partner or a small group	<a href="#">Kick: Assess - Kick</a>  <a href="#">Catch: Catch in Various Positions</a>  <a href="#">Catch: Catch in Action</a>  <a href="#">Catch: Assess - Catch</a>  <a href="#">Volley: Underhand Pass</a> <a href="#">Volley: Overhead Pass</a>  <a href="#">Volley: Assess - Volley</a>  <a href="#">Jump Rope: Short Jump Rope Tricks</a>  <a href="#">Jump Rope: Long Jump Rope Tricks</a>  <a href="#">Jump Rope: Assess - Jump Rope</a>	<a href="#">Responsible Decision Making: Learning from Situations</a>  <a href="#">Responsible Decision Making: Evaluating My Decisions</a>  <a href="#">Responsible Decision Making: Steps to Achieving My Goal</a>  <a href="#">Responsible Decision Making: Sharing Information Online</a>  <a href="#">Mental Health and Wellness: Improving Myself</a> <a href="#">Mental Health and Wellness: Expressing Empathy</a>  <a href="#">Healthy Eating and Nutrition: Introducing Food Labels</a>  <a href="#">Disease and Illness Prevention: Caring for My Mental Health</a>  <a href="#">Disease and Illness Prevention: Communicable and Noncommunicable Diseases</a>  <a href="#">Disease and Illness Prevention: Why Do I Need a Prescription?</a>
116.16.b.6.C	exhibit appropriate sporting behavior during independent games and activities.	<a href="#">PE 101: Sporting Behavior</a> <a href="#">Kick: Kick a Moving Ball I</a>  <a href="#">Kick: Kick a Moving Ball II</a>  <a href="#">Kick: Assess - Kick</a>  <a href="#">Throw: Throw While Moving I</a>	<a href="#">General Health: Finding the Right Healthy Helper</a>  <a href="#">Social Behavior: Standing Up for Others</a>  <a href="#">Responsible Decision Making: Learning from Situations</a>  <a href="#">Healthy Practices and Hygiene: Creating Healthy Habits</a>
<b>7. Performance strategies--outdoor and recreational pursuits.</b>			
116.16.b.7.A	participate in a variety of outdoor recreational skills and activities such as camping, backpacking, fishing, rock climbing, hiking, paddle sports, disc golf, cornhole, bocce ball, or croquet	<a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">Healthy Practices and Hygiene: Creating Healthy Habits</a>
<b>8. Health, physical activity, and fitness--fitness principles.</b>			
116.16.b.8.A	describe the benefits of regular physical activity on overall health and wellness	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: Health in My Community</a>
116.16.b.8.B	demonstrate frequency and intensity during endurance activities	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: Health in My Community</a>

## Fourth Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.16.b.8.C	identify and demonstrate the components of health- and skill-related fitness.	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: Health in My Community</a>
<b>9. Health, physical activity, and fitness--analyze data.</b>			
116.16.b.9.A	develop personal fitness goals for health-related fitness	<a href="#">PE 101: Moving My Body</a>	<a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being</a>
116.16.b.9.B	track progress and analyze data for health-related fitness activities	<a href="#">PE 101: Moving My Body</a>	<a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being</a>
<b>10. Health, physical activity, and fitness--nutrition and hydration.</b>			
116.16.b.10.A	examine the relationship between nutrition and optimal physical performance	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: Health in My Community</a>
116.16.b.10.B	explain the importance of proper hydration before, during, and after physical activity	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: Health in My Community</a>
<b>11. Health, physical activity, and fitness--environmental awareness and safety practices.</b>			
116.16.b.11.A	work independently to select proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities and lead-up games	<a href="#">PE 101: Equipment and Safety</a>	<a href="#">General Health: Discover - Managing My Health Influences</a>
116.16.b.11.B	apply correct safety precautions, including pedestrian, water, sun, cycling, skating, and scooter safety.	<a href="#">PE 101: Equipment and Safety</a>	<a href="#">General Health: Discover - Managing My Health Influences</a> <a href="#">Safety and Accident Prevention: Situational Awareness</a> <a href="#">Safety and Accident Prevention: Protecting My Five Senses</a> <a href="#">Safety and Accident Prevention: Water Safety</a> <a href="#">Safety and Accident Prevention: Helmets and Seatbelts</a>

## Fourth Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>12. Social and emotional health--personal responsibility and self-management.</b>			
116.16.b.12.A	accept and take responsibility for personal actions that affect self and others	<a href="#">PE 101: Sporting Behavior</a> <a href="#">Throw: Throw While Moving I</a> <a href="#">Throw: Throw While Moving II</a> <a href="#">Throw: Assess - Throw</a> <a href="#">Hand Dribble and Pass: Dribble While Jogging</a> <a href="#">Hand Dribble and Pass: Passing</a> <a href="#">Hand Dribble and Pass: Assess - Hand Dribble and Pass</a>	<a href="#">General Health: Finding the Right Healthy Helper</a> <a href="#">Healthy Practices and Hygiene: Exploring Lifetime Benefits of Healthy Teeth</a> <a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being</a> <a href="#">Healthy Practices and Hygiene: Setting Sleep Routines</a> <a href="#">Mental Health and Wellness: Managing Overwhelming Emotions</a> <a href="#">Mental Health and Wellness: When I Feel Anxious</a>
116.16.b.12.B	demonstrate respect for differences and similarities in abilities of self and others	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">General Health: Finding the Right Healthy Helper</a>
116.16.b.12.C	demonstrate self-management skills to control personal impulses and emotions during dynamic activities and lead-up games	<a href="#">Kick: Kick a Moving Ball I</a> <a href="#">Kick: Kick a Moving Ball II</a> <a href="#">Kick: Assess - Kick</a> <a href="#">Strike with Manipulative: Strike Off Elevation With a Partner</a> <a href="#">Strike with Manipulative: Strike Over a Net With a Partner</a> <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a>	<a href="#">Social Behavior: Standing Up for Others</a> <a href="#">Responsible Decision Making: Learning from Situations</a> <a href="#">Disease and Illness Prevention: Personal Health Habits</a> <a href="#">Safety and Accident Prevention: Introduce - Advocating for Accident Prevention</a> <a href="#">Safety and Accident Prevention: Setting Personal Boundaries</a>
<b>13. Social and emotional health--resolving conflict and social interaction.</b>			
116.16.b.13.A	discuss ways to resolve conflict in socially acceptable ways and respond to winning and losing with dignity and understanding	<a href="#">PE 101: Sporting Behavior</a> <a href="#">Foot Dribble and Pass: Passing</a> <a href="#">Jump Rope: Long Jump Rope Tricks</a>	<a href="#">General Health: Finding the Right Healthy Helper</a> <a href="#">General Health: Preventing an Emergency</a> <a href="#">Disease and Illness Prevention: Communicable and Noncommunicable Diseases</a> <a href="#">Disease and Illness Prevention: Why Do I Need a Prescription?</a>
116.16.b.13.B	identify effective communication to enhance healthy interactions while settling disagreements	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">General Health: Finding the Right Healthy Helper</a>

## Fourth Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.16.b.13.C	demonstrate respect for the feelings of others	<a href="#">PE 101: Sporting Behavior</a> <a href="#">Foot Dribble and Pass: Passing</a> <a href="#">Jump Rope: Long Jump Rope Tricks</a>	<a href="#">General Health: Finding the Right Healthy Helper</a> <a href="#">General Health: Preventing an Emergency</a> <a href="#">Disease and Illness Prevention: Communicable and Noncommunicable Diseases</a>
<b>14. Social and emotional health--perseverance.</b>			
116.16.b.14.A	identify ways to accept individual challenges and use self-management skills to persevere in a positive manner when learning a variety of new skills.	<a href="#">Jump Rope: Short Jump Rope Tricks</a> <a href="#">Jump Rope: Assess - Jump Rope</a> <a href="#">Track &amp; Field: Locomotor Skills</a> <a href="#">Track &amp; Field: Long Jump</a> <a href="#">Track &amp; Field: Assess - Track &amp; Field</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">PE Toolbox: Steps to Persevere</a>	<a href="#">Disease and Illness Prevention: Caring for My Mental Health</a> <a href="#">Safety and Accident Prevention: Situational Awareness</a> <a href="#">Safety and Accident Prevention: Sharp Objects*</a> <a href="#">PE Toolbox: Steps to Persevere</a>
<b>15. Social and emotional health--accepting and providing constructive feedback.</b>			
116.16.b.15.A	listen respectfully to make appropriate changes in performance based on feedback from teacher and peers	<a href="#">Throw: Throw While Moving I</a> <a href="#">Jump, Balance, Spin, and Roll: Full Turn Jump</a> <a href="#">Jump, Balance, Spin, and Roll: Balance</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">PE Toolbox: Feedback Sandwich</a>	<a href="#">Healthy Practices and Hygiene: Creating Healthy Habits</a> <a href="#">Healthy Eating and Nutrition: Negative Effects of Food</a> <a href="#">Healthy Eating and Nutrition: Nutritional Goals</a> <a href="#">Healthy Eating and Nutrition: Refusal Skills</a> <a href="#">PE Toolbox: Feedback Sandwich</a>
<b>16. Lifetime wellness--application of lifetime wellness.</b>			
116.16.b.16.A	differentiate among types of and participate in moderate to vigorous physical activities for a sustained period of time on a regular basis using technology when available	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: Health in My Community</a>
116.16.b.16.B	participate in a variety of physical activities in the school and community for personal enjoyment	<a href="#">Beyond the Gym and Dance: Beyond the Gym III</a> <a href="#">PE Toolbox: Beyond the Gym</a>	<a href="#">PE Toolbox: Beyond the Gym</a>

## Fifth Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>1. Movement patterns and movement skills--locomotor skills.</b>			
116.17.b.1.A	demonstrate and apply correct technique in a variety of locomotor skills and combinations during lead-up activities	<a href="#">Foot Dribble and Pass: Foot Passing in Action</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Kick: Kick a Moving Ball</a> <a href="#">Kick: Punt</a> <a href="#">Kick: Assess - Kick</a> <a href="#">Catch: Catch in Action</a> <a href="#">Catch: Assess - Catch</a> <a href="#">Throw: Throw While Moving I</a> <a href="#">Throw: Throw While Moving II</a> <a href="#">Throw: Assess - Throw</a>	<a href="#">Social Behavior: Appreciating Diversity</a> <a href="#">Social Behavior: Relationship Boundaries</a> <a href="#">Social Behavior: Conflict or Bullying?</a> <a href="#">Responsible Decision Making: Problem Solving Strategies</a> <a href="#">Responsible Decision Making: Identity Protection</a> <a href="#">Healthy Practices and Hygiene: Lifetime Benefits of Healthy Teeth</a>
116.17.b.1.B	demonstrate correct jumping and landing technique while performing a long jump and a full turn jump in both directions	<a href="#">Jump, Balance, Spin, and Roll: Full Turn Jump</a> <a href="#">Jump, Balance, Spin, and Roll: Balance</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Track &amp; Field: Long Jump</a> <a href="#">Track &amp; Field: Assess - Track &amp; Field</a>	<a href="#">General Health: Finding Healthy Help Online</a> <a href="#">Responsible Decision Making: Identity Protection</a> <a href="#">Healthy Eating and Nutrition: Eating Disorders</a> <a href="#">Healthy Eating and Nutrition: Nutritional Goals - Going Deeper</a> <a href="#">Healthy Eating and Nutrition: Effects on My Body and Mind</a> <a href="#">Disease and Illness Prevention: Importance of Reading Medication Labels</a> <a href="#">Safety and Accident Prevention: Dangers of Guns and Other Weapons</a>

## Fifth Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.17.b.1.C	demonstrate advanced balancing to include equipment, cross lateralization during increasingly complex movements, and sequencing of four or more skills with repetition.	<a href="#">Catch: Catch in Action</a> <a href="#">Catch: Assess - Catch</a> <a href="#">Jump, Balance, Spin, and Roll: Balance</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Strike with Manipulative: Strike Over a Net With a Partner</a> <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">General Health: Managing My Health Influences</a> <a href="#">General Health: Finding Healthy Help Online</a> <a href="#">Social Behavior: Conflict or Bullying?</a> <a href="#">Responsible Decision Making: Using Data to Inform My Decisions</a> <a href="#">Responsible Decision Making: Identity Protection</a> <a href="#">Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper</a> <a href="#">Healthy Eating and Nutrition: Food Labels</a> <a href="#">Healthy Eating and Nutrition: Eating Disorders</a> <a href="#">Healthy Eating and Nutrition: Nutritional Goals - Going Deeper</a> <a href="#">Healthy Eating and Nutrition: Effects on My Body and Mind</a> <a href="#">Disease and Illness Prevention: Importance of Reading Medication Labels</a> <a href="#">Safety and Accident Prevention: Dangers of Guns and Other Weapons</a> <a href="#">Special Topics: My Reproductive System*</a>
<b>2. Movement patterns and movement skills--non-locomotor skills.</b>			
116.17.b.2.A	maintain balance and transfer body weight with control during dynamic activities and lead-up games	<a href="#">Catch: Catch in Action</a> <a href="#">Catch: Assess - Catch</a> <a href="#">Volley: Volley in Action</a> <a href="#">Volley: Assess - Volley</a> <a href="#">Jump, Balance, Spin, and Roll: Balance</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Strike with Manipulative: Strike Off Elevation With a Partner</a> <a href="#">Strike with Manipulative: Strike Over a Net With a Partner</a> <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a>	<a href="#">Social Behavior: Relationship Boundaries</a> <a href="#">Social Behavior: Conflict or Bullying?</a> <a href="#">Responsible Decision Making: Using Data to Inform My Decisions</a> <a href="#">Responsible Decision Making: Identity Protection</a> <a href="#">Mental Health and Wellness: Consequences of Stress</a> <a href="#">Healthy Eating and Nutrition: Food Labels</a> <a href="#">Safety and Accident Prevention: Advocating for Accident Prevention</a> <a href="#">Safety and Accident Prevention: Dangers of Guns and Other Weapons</a> <a href="#">Safety and Accident Prevention: Evaluating Personal Safety*</a> <a href="#">Special Topics: My Reproductive System*</a>



## Fifth Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.17.b.2.B	perform a combination of bending, stretching, twisting, curling, pushing, pulling, and swaying in a variety of activities.	<a href="#">Catch: Catch in Action</a> <a href="#">Catch: Assess - Catch</a> <a href="#">Strike with Manipulative: Strike Over a Net With a Partner</a> <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	<a href="#">General Health: Managing My Health Influences</a> <a href="#">General Health: Finding Healthy Help Online</a> <a href="#">General Health: Creating an Emergency Plan</a> <a href="#">Responsible Decision Making: Identity Protection</a> <a href="#">Healthy Practices and Hygiene: Setting Sleep Routines - Going Deeper</a> <a href="#">Mental Health and Wellness: Managing Multiple Feelings</a> <a href="#">Healthy Eating and Nutrition: Eating Disorders</a> <a href="#">Healthy Eating and Nutrition: Nutritional Goals - Going Deeper</a> <a href="#">Healthy Eating and Nutrition: Effects on My Body and Mind</a> <a href="#">Disease and Illness Prevention: Importance of Reading Medication Labels</a>
<b>3. Movement patterns and movement skills--manipulative skills.</b>			
116.17.b.3.A	demonstrate the key elements of manipulative skills, including eye on target, follow-through, body weight transfer, and body position, during games and activities	<a href="#">PE 101: Moving My Body</a> <a href="#">Throw: Throw While Moving I</a> <a href="#">Throw: Throw While Moving II</a> <a href="#">Throw: Assess - Throw</a>	<a href="#">General Health: Finding Healthy Help Online</a> <a href="#">Social Behavior: Appreciating Diversity</a> <a href="#">Responsible Decision Making: Tracking My Progress and Perseverance</a> <a href="#">Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper</a> <a href="#">Healthy Practices and Hygiene: Lifetime Benefits of Healthy Teeth</a> <a href="#">Mental Health and Wellness: Using My Strengths to Help Others</a> <a href="#">Healthy Eating and Nutrition: Food Labels</a> <a href="#">Disease and Illness Prevention: Where to Go if I Feel Sad</a> <a href="#">Safety and Accident Prevention: Advocating for Accident Prevention</a> <a href="#">Safety and Accident Prevention: Evaluating Personal Safety*</a>

## Fifth Grade

TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.17.b.3.B	demonstrate the key elements of catching while moving during games and activities	<a href="#">PE 101: Moving My Body</a> <a href="#">Catch: Catch in Action</a> <a href="#">Catch: Assess - Catch</a>	<a href="#">General Health: Finding Healthy Help Online</a> <a href="#">Social Behavior: Appreciating Diversity</a> <a href="#">Responsible Decision Making: Tracking My Progress and Perseverance</a> <a href="#">Responsible Decision Making: Identity Protection</a> <a href="#">Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper</a> <a href="#">Mental Health and Wellness: Using My Strengths to Help Others</a> <a href="#">Healthy Eating and Nutrition: Food Labels</a> <a href="#">Disease and Illness Prevention: Where to Go if I Feel Sad</a> <a href="#">Safety and Accident Prevention: Advocating for Accident Prevention</a> <a href="#">Safety and Accident Prevention: Evaluating Personal Safety*</a>
116.17.b.3.C	demonstrate key elements of hand dribbling with either hand when stationary while protecting the ball from a defender during dynamic activities and lead-up games	<a href="#">Hand Dribble and Pass: Protecting</a> <a href="#">Hand Dribble and Pass: Assess - Hand Dribble and Pass</a>	<a href="#">Mental Health and Wellness: When to Ask for Help</a> <a href="#">Mental Health and Wellness: Consequences of Stress</a>
116.17.b.3.D	combine foot dribbling with other skills during dynamic activities and lead-up games	<a href="#">Foot Dribble and Pass: Foot Passing in Action</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Kick: Assess - Kick</a>	<a href="#">Social Behavior: Having Difficult Conversations</a> <a href="#">Social Behavior: Appreciating Diversity</a> <a href="#">Responsible Decision Making: Problem Solving Strategies</a>
116.17.b.3.E	demonstrate appropriate form when kicking and punting during dynamic activities and lead-up games	<a href="#">Kick: Kick a Moving Ball</a> <a href="#">Kick: Punt</a> <a href="#">Kick: Assess - Kick</a>	<a href="#">Social Behavior: Relationship Boundaries</a> <a href="#">Social Behavior: Conflict or Bullying?</a> <a href="#">Responsible Decision Making: Problem Solving Strategies</a>
116.17.b.3.F	demonstrate correct technique in volleying in dynamic activities and lead-up games	<a href="#">Volley: Underhand and Overhead Pass</a> <a href="#">Volley: Volley in Action</a> <a href="#">Volley: Assess - Volley</a>	<a href="#">Mental Health and Wellness: Managing Multiple Feelings</a> <a href="#">Healthy Eating and Nutrition: Food Labels</a>

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TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.17.b.3.G	demonstrate correct technique when striking an object with a hand or short- or long-handled implement in dynamic activities and lead-up games	<a href="#">Strike with Manipulative: Strike Off Elevation With a Partner</a> <a href="#">Strike with Manipulative: Strike Over a Net With a Partner</a> <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a>	<a href="#">Disease and Illness Prevention: Home, School, and Community</a> <a href="#">Safety and Accident Prevention: Advocating for Accident Prevention</a> <a href="#">Safety and Accident Prevention: Evaluating Personal Safety*</a>
116.17.b.3.H	jump a self-turned rope in a routine using a variety of advanced skills	<a href="#">Jump Rope: Short Jump Rope Tricks</a> <a href="#">Jump Rope: Assess - Jump Rope</a>	<a href="#">Disease and Illness Prevention: Where to Go if I Feel Sad</a>
116.17.b.3.I	demonstrate entering and exiting a turned long rope using advanced jumping skills	<a href="#">Jump Rope: Long Jump Rope Tricks</a> <a href="#">Jump Rope: Assess - Jump Rope</a>	<a href="#">Disease and Illness Prevention: Managing Common Illnesses and Diseases</a> <a href="#">Disease and Illness Prevention: Importance of Reading Medication Labels</a>
<b>4. Movement patterns and movement skills--spatial and body awareness.</b>			
116.17.b.4.A	demonstrate the appropriate use of open space and closing space in small groups during dynamic activities and lead-up games	<a href="#">Foot Dribble and Pass: Foot Passing in Action</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Catch: Catch in Action</a> <a href="#">Catch: Assess - Catch</a> <a href="#">Hand Dribble and Pass: Protecting</a> <a href="#">Hand Dribble and Pass: Assess - Hand Dribble and Pass</a>	<a href="#">General Health: Creating an Emergency Plan</a> <a href="#">Social Behavior: Appreciating Diversity</a> <a href="#">Responsible Decision Making: Problem Solving Strategies</a> <a href="#">Responsible Decision Making: Tracking My Progress and Perseverance</a> <a href="#">Responsible Decision Making: Identity Protection</a> <a href="#">Mental Health and Wellness: Consequences of Stress</a> <a href="#">Mental Health and Wellness: Using My Strengths to Help Others</a> <a href="#">Mental Health and Wellness: Managing Multiple Feelings</a>
116.17.b.4.B	apply appropriate use of pathways and levels in small groups during dynamic activities and lead-up games	<a href="#">Foot Dribble and Pass: Foot Passing in Action</a> <a href="#">Foot Dribble and Pass: Assess - Foot Dribble and Pass</a> <a href="#">Catch: Catch in Action</a> <a href="#">Catch: Assess - Catch</a> <a href="#">Hand Dribble and Pass: Protecting</a> <a href="#">Hand Dribble and Pass: Assess - Hand Dribble and Pass</a>	<a href="#">General Health: Creating an Emergency Plan</a> <a href="#">Social Behavior: Appreciating Diversity</a> <a href="#">Responsible Decision Making: Problem Solving Strategies</a> <a href="#">Responsible Decision Making: Tracking My Progress and Perseverance</a> <a href="#">Responsible Decision Making: Identity Protection</a> <a href="#">Mental Health and Wellness: Consequences of Stress</a> <a href="#">Mental Health and Wellness: Managing Multiple Feelings</a>

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TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.17.b.4.C	apply speed, direction, and force with a short-handled implement during dynamic activities and lead-up games	<a href="#">Strike with Manipulative: Strike Off Elevation With a Partner</a> <a href="#">Strike with Manipulative: Strike Over a Net With a Partner</a> <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a>	<a href="#">Disease and Illness Prevention: Home, School, and Community</a> <a href="#">Safety and Accident Prevention: Advocating for Accident Prevention</a> <a href="#">Safety and Accident Prevention: Evaluating Personal Safety*</a>
<b>5. Movement patterns and movement skills--rhythmic activities.</b>			
116.17.b.5.A	create rhythmic routines in counts of eight using basic steps and coordinated movement patterns individually or in a group	<a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym III</a> <a href="#">PE Toolbox: Dance Category</a>	<a href="#">General Health: Creating an Emergency Plan</a> <a href="#">Social Behavior: Appreciating Diversity</a> <a href="#">Responsible Decision Making: Problem Solving Strategies</a> <a href="#">Responsible Decision Making: Using Data to Inform My Decisions</a> <a href="#">Responsible Decision Making: Tracking My Progress and Perseverance</a> <a href="#">Mental Health and Wellness: Consequences of Stress</a> <a href="#">Mental Health and Wellness: Managing Multiple Feelings</a> <a href="#">PE Toolbox: Dance Category</a>
<b>6. Performance strategies--games and activities.</b>			
116.17.b.6.A	identify and demonstrate the relationships among a variety of game skills, including preparation, movement, follow-through, and recovery, used in net or wall, invasion, target, fielding, or striking games	<a href="#">Foot Dribble and Pass: Passing and Receiving Review</a> <a href="#">Volley: Underhand and Overhead Pass</a> <a href="#">Volley: Volley in Action</a> <a href="#">Strike with Manipulative: Strike Off Elevation With a Partner</a>	<a href="#">General Health: Creating an Emergency Plan</a> <a href="#">Social Behavior: Having Difficult Conversations</a> <a href="#">Mental Health and Wellness: Using My Strengths to Help Others</a> <a href="#">Mental Health and Wellness: Managing Multiple Feelings</a> <a href="#">Healthy Eating and Nutrition: Food Labels</a> <a href="#">Disease and Illness Prevention: Home, School, and Community</a>

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TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.17.b.6.B	demonstrate specific movement skills in designated dynamic activities and lead-up games with a partner or group	<a href="#">Kick: Assess - Kick</a>  <a href="#">Catch: Catch in Various Positions</a>  <a href="#">Catch: Catch in Action</a>  <a href="#">Catch: Assess - Catch</a>  <a href="#">Volley: Underhand and Overhead Pass</a>  <a href="#">Volley: Volley in Action</a>  <a href="#">Volley: Assess - Volley</a>  <a href="#">Jump Rope: Long Jump Rope Tricks</a>  <a href="#">Jump Rope: Assess - Jump Rope</a>	<a href="#">Responsible Decision Making: Problem Solving Strategies</a>  <a href="#">Responsible Decision Making: Using Data to Inform My Decisions</a>  <a href="#">Responsible Decision Making: Tracking My Progress and Perseverance</a>  <a href="#">Responsible Decision Making: Identity Protection</a>  <a href="#">Mental Health and Wellness: Using My Strengths to Help Others</a>  <a href="#">Mental Health and Wellness: Managing Multiple Feelings</a>  <a href="#">Healthy Eating and Nutrition: Food Labels</a>  <a href="#">Disease and Illness Prevention: Managing Common Illnesses and Diseases</a>  <a href="#">Disease and Illness Prevention: Importance of Reading Medication Labels</a>
116.17.b.6.C	engage appropriately in physical activity, sporting behavior, and game etiquette without teacher cue	<a href="#">PE 101: Sporting Behavior</a>  <a href="#">Kick: Kick a Moving Ball</a>  <a href="#">Kick: Punt</a>  <a href="#">Kick: Assess - Kick</a>  <a href="#">Throw: Throw While Moving I</a>	<a href="#">General Health: Finding Healthy Help Online</a>  <a href="#">Social Behavior: Relationship Boundaries</a>  <a href="#">Social Behavior: Conflict or Bullying?</a>  <a href="#">Responsible Decision Making: Problem Solving Strategies</a>  <a href="#">Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper</a>
<b>7. Performance strategies--outdoor and recreational pursuits.</b>			
116.17.b.7.A	participate in outdoor recreational skills and activities such as rock climbing, orienteering, hiking, paddle sports, archery, cycling, or challenge courses.	<a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>  <a href="#">PE Toolbox: Beyond the Gym</a>	<a href="#">PE Toolbox: Beyond the Gym</a>
<b>8. Health, physical activity, and fitness--fitness principles.</b>			
116.17.b.8.A	describe the benefits of moderate to vigorous physical activity on overall health and wellness	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: Planning My Healthy Future</a>
116.17.b.8.B	describe the frequency, intensity, time, and type (FITT) principle and how it improves fitness	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: Planning My Healthy Future</a>
116.17.b.8.C	differentiate between health-related and skill-related fitness components	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: Planning My Healthy Future</a>

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TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>9. Health, physical activity, and fitness--analyze data.</b>			
116.17.b.9.A	analyze personal fitness goals for self-improvement	<a href="#">PE 101: Moving My Body</a>	<a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being - Going Deeper</a>
116.17.b.9.B	track progress and analyze data, with teacher guidance, to target areas needing improvement	<a href="#">PE 101: Moving My Body</a>	<a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being - Going Deeper</a>
<b>10. Health, physical activity, and fitness--nutrition and hydration.</b>			
116.17.b.10.A	identify healthy foods that enhance physical activity	<a href="#">PE 101: Moving My Body</a>	<a href="#">Healthy Eating and Nutrition: Food Labels</a>
116.17.b.10.B	explain the importance of proper hydration before, during, and after physical activity.	<a href="#">PE 101: Moving My Body</a>	<a href="#">Healthy Eating and Nutrition: Food Labels</a>
<b>11. Health, physical activity, and fitness--environmental awareness and safety practices.</b>			
116.17.b.11.A	describe and select proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities and games	<a href="#">PE 101: Equipment and Safety</a>	<a href="#">General Health: Managing My Health Influences</a>
116.17.b.11.B	demonstrate correct safety precautions, including water, sun, cycling, skating, and scooter safety.	<a href="#">PE 101: Equipment and Safety</a>	<a href="#">General Health: Managing My Health Influences</a> <a href="#">Safety and Accident Prevention: Advocating for Accident Prevention</a> <a href="#">Safety and Accident Prevention: Water Safety</a> <a href="#">Safety and Accident Prevention: Helmets and Seatbelts</a>
<b>12. Social and emotional health--personal responsibility and self-management.</b>			
116.17.b.12.A	accept and take responsibility for personal actions that affect self and others during dynamic activities and lead-up games	<a href="#">Throw: Throw While Moving I</a> <a href="#">Throw: Throw While Moving II</a> <a href="#">Throw: Assess - Throw</a> <a href="#">Hand Dribble and Pass: Protecting</a> <a href="#">Hand Dribble and Pass: Assess - Hand Dribble and Pass</a> <a href="#">Volley: Underhand and Overhead Pass</a> <a href="#">Volley: Volley in Action</a> <a href="#">Volley: Assess - Volley</a>	<a href="#">Healthy Practices and Hygiene: Lifetime Benefits of Healthy Teeth</a> <a href="#">Healthy Practices and Hygiene: Setting Sleep Routines - Going Deeper</a> <a href="#">Mental Health and Wellness: Consequences of Stress</a> <a href="#">Mental Health and Wellness: Managing Multiple Feelings</a> <a href="#">Healthy Eating and Nutrition: Food Labels</a>

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TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
116.17.b.12.B	accept responsibility and demonstrate respect for differences and similarities in abilities of self and others during dynamic activities and lead-up games	<a href="#">Catch: Catch in Various Positions</a>  <a href="#">Catch: Catch in Action</a>  <a href="#">Catch: Assess - Catch</a>  <a href="#">Throw: Throw While Moving I</a>  <a href="#">Throw: Throw While Moving II</a>  <a href="#">Throw: Assess - Throw</a>  <a href="#">Hand Dribble and Pass: Passing</a>  <a href="#">Hand Dribble and Pass: Protecting</a>  <a href="#">Hand Dribble and Pass: Assess - Hand Dribble and Pass</a>  <a href="#">Volley: Underhand and Overhead Pass</a>  <a href="#">Volley: Volley in Action</a>  <a href="#">Volley: Assess - Volley</a>  <a href="#">Strike with Manipulative: Strike Off Elevation With a Partner</a>  <a href="#">Strike with Manipulative: Strike Over a Net With a Partner</a>  <a href="#">Strike with Manipulative: Assess - Strike With Manipulative</a>	<a href="#">Responsible Decision Making: Using Data to Inform My Decisions</a>  <a href="#">Responsible Decision Making: Tracking My Progress and Perseverance</a>  <a href="#">Responsible Decision Making: Identity Protection</a>  <a href="#">Healthy Practices and Hygiene: Lifetime Benefits of Healthy Teeth</a>  <a href="#">Mental Health and Wellness: When to Ask for Help</a>  <a href="#">Mental Health and Wellness: Consequences of Stress</a>  <a href="#">Mental Health and Wellness: Managing Multiple Feelings</a>  <a href="#">Healthy Eating and Nutrition: Food Labels</a>  <a href="#">Disease and Illness Prevention: Home, School, and Community</a>  <a href="#">Safety and Accident Prevention: Advocating for Accident Prevention</a>  <a href="#">Safety and Accident Prevention: Evaluating Personal Safety*</a>
116.17.b.13.A	explain the importance of and demonstrate how to resolve conflict in socially acceptable ways and respond to winning and losing with dignity and understanding	<a href="#">PE 101: Sporting Behavior</a>  <a href="#">Jump Rope: Long Jump Rope Tricks</a>  <a href="#">Jump Rope: Assess - Jump Rope</a>	<a href="#">General Health: Finding Healthy Help Online</a>  <a href="#">General Health: Creating an Emergency Plan</a>  <a href="#">Disease and Illness Prevention: Managing Common Illnesses and Diseases</a>  <a href="#">Disease and Illness Prevention: Importance of Reading Medication Labels</a>
116.17.b.13.B	identify and describe effective communication to enhance healthy interactions while settling disagreements	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">General Health: Finding Healthy Help Online</a>  <a href="#">Social Behavior: Having Difficult Conversations</a>
116.17.b.13.C	identify and describe the concepts of empathy and mutual respect for the feelings of others	<a href="#">PE 101: Sporting Behavior</a>	<a href="#">General Health: Finding Healthy Help Online</a>

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TEKS	Student Expectation	PE Unit: Lesson(s)	Health + PE Module: Lesson(s)
<b>14. Social and emotional health--perseverance.</b>			
116.17.b.14.A	discuss the importance of accepting individual challenges and use self-management skills to persevere in a positive manner during dynamic activities and lead-up games	<a href="#">Kick: Assess - Kick</a> <a href="#">Volley: Volley in Action</a> <a href="#">Volley: Assess - Volley</a> <a href="#">Jump Rope: Short Jump Rope Tricks</a> <a href="#">Jump Rope: Long Jump Rope Tricks</a> <a href="#">Jump Rope: Assess - Jump Rope</a> <a href="#">Track &amp; Field: Locomotor Skills</a> <a href="#">Track &amp; Field: Long Jump</a> <a href="#">Track &amp; Field: Assess - Track &amp; Field</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym II</a> <a href="#">PE Toolbox: Steps to Persevere</a>	<a href="#">Responsible Decision Making: Problem Solving Strategies</a> <a href="#">Healthy Eating and Nutrition: Food Labels</a> <a href="#">Disease and Illness Prevention: Where to Go if I Feel Sad</a> <a href="#">Disease and Illness Prevention: Managing Common Illnesses and Diseases</a> <a href="#">Disease and Illness Prevention: Importance of Reading Medication Labels</a> <a href="#">Safety and Accident Prevention: Human Trafficking and Gangs</a> <a href="#">Safety and Accident Prevention: Dangers of Guns and Other Weapons</a> <a href="#">PE Toolbox: Steps to Persevere</a>
<b>15. Social and emotional health--accepting and providing constructive feedback.</b>			
116.17.b.15.A	apply appropriate changes to performance based on feedback from peers	<a href="#">Throw: Throw While Moving I</a> <a href="#">Jump, Balance, Spin, and Roll: Full Turn Jump</a> <a href="#">Jump, Balance, Spin, and Roll: Balance</a> <a href="#">Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll</a> <a href="#">Beyond the Gym and Dance: Beyond the Gym I</a> <a href="#">PE Toolbox: Feedback Sandwich</a>	<a href="#">Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper</a> <a href="#">Healthy Eating and Nutrition: Eating Disorders</a> <a href="#">Healthy Eating and Nutrition: Nutritional Goals - Going Deeper</a> <a href="#">Healthy Eating and Nutrition: Effects on My Body and Mind</a> <a href="#">PE Toolbox: Feedback Sandwich</a>
116.17.b.16.A	differentiate among types of and participate in moderate to vigorous physical activity for a sustained period of time on a regular basis using technology when available	<a href="#">PE 101: Moving My Body</a>	<a href="#">General Health: Planning My Healthy Future</a>
116.17.b.16.B	analyze the level of personal enjoyment in a variety of activities in the school and community.	<a href="#">Beyond the Gym and Dance: Beyond the Gym III</a>	





**Growing Stronger  
Bodies & Minds**