**3-5 Year - At - A - Glance**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| First 9 weeks | **Length (weeks)** | **Unit/Topics**  **(Movement TEKS)** | **Themes** | **CSH**  **(Health Related TEKS)** |
| 1 | [Beginning of Year](https://drive.google.com/drive/u/1/folders/14uWCHObLW2zR82rbsLhxlzdZ8pekpcMU) | Classroom management, rules, procedures and safety | [**Stay Safe**](https://drive.google.com/drive/folders/0B1_YL_uWRTl4cnBGOEZPTnVEbTQ?usp=sharing)   1. [Playground safety](https://drive.google.com/open?id=0B1_YL_uWRTl4c2hVakp3dnl0c00) 2. [Bike Safety](https://goo.gl/XvTLM8) 3. [Safety at School](https://drive.google.com/open?id=0B1_YL_uWRTl4WmFyWm50RWVvUWc) 4. [Weather Safety](https://drive.google.com/open?id=0B1_YL_uWRTl4LVA2S3Y3aGxIOWs) 5. [Home Safety](https://drive.google.com/open?id=0B1_YL_uWRTl4UDNJTi1oanQzMUU) 6. [Fire Safety](https://drive.google.com/open?id=0B1_YL_uWRTl4VzJ4ZC1Jakttdnc) 7. [First Aid](https://drive.google.com/open?id=0B1_YL_uWRTl4M2lvSUkxMlZEcU0) 8. [Table Manners & Germs](https://drive.google.com/open?id=0B1_YL_uWRTl4XzJiSUpvZDNseWM) 9. [Fat Facts (nutrition)](https://drive.google.com/open?id=0B1_YL_uWRTl4NkFONTBKblhPNTQ) |
| 3-4 | [Movement Concepts](https://drive.google.com/drive/u/1/folders/1C7Db--pPDX2dwG_efxNmwdTdEjGH55rM) | Spatial Awareness  Qualities of Movement  Relationships  Conditioning/Fitness  Transferring Weight  Simple stunts |
| 4-5 | [Locomotor](https://drive.google.com/drive/u/1/folders/1C7Db--pPDX2dwG_efxNmwdTdEjGH55rM) | Locomotor Skill (Mature Form)  Jump Rope - partner jumping & foot patterns - long jump ropes  Jumping and landing (absorbing force)  Combining locomotor skills |
|
| Second 9 Weeks | 2-3 | Group Work / Team Games | Introduce social components teks  Team games  Working with others (collaboration)  Leadership  Team role  Stations  Field Day | [**Nutrition**](https://drive.google.com/drive/folders/0B1_YL_uWRTl4emRuNkppbERLR2c?usp=sharing)   1. [MyPlate Info](https://drive.google.com/open?id=0B55tNVc4t513X1dRZDBmTWZYQjQ) 2. [Dietary Guidelines](https://drive.google.com/open?id=0B1_YL_uWRTl4enB3LWMxWmlHYkU) 3. [Fast Food Don’t](https://goo.gl/qNSXwr) 4. [Too Much Salt](https://drive.google.com/open?id=0B55tNVc4t513MU1vcTJLTzdhdEE) 5. [Eating To Live](https://drive.google.com/open?id=0B1_YL_uWRTl4Wm9yVThsQVlqYTA) 6. [Healthy Ads](https://drive.google.com/open?id=0B1_YL_uWRTl4MVgya0FoRF84UUU) 7. [Food Labels](https://goo.gl/AbnUiM) 8. [Watch What You Eat](https://drive.google.com/open?id=0B1_YL_uWRTl4MVgya0FoRF84UUU) 9. [Proteins](https://drive.google.com/open?id=0B1_YL_uWRTl4UzMyZEpreV95dVE) |
| 4-6 | [Game & Sport Skills](https://drive.google.com/drive/u/1/folders/1pBNhs__WECjl38gMCggMtYpCybsHZN3T) | **3 -** underhand/overhand throwing & catching, kicking  **4-** forward roll (gymnastics), game strategies  **5-** Throwing & catching, kicking & striking, shooting (basketball), combining locomotor and manipulative skills |
|
|
| Third 9 Weeks | 3-4 | [Movement Concepts](https://drive.google.com/drive/u/1/folders/1C7Db--pPDX2dwG_efxNmwdTdEjGH55rM) | Relationships  Conditioning/Fitness  Fitness Components (*Muscular strength/endurance, cardiovascular endurance, flexibility)*  MVPA (*Moderate-Vigorous Physical Activity) 50% of class time* | [**My Body**](https://drive.google.com/drive/folders/0B1_YL_uWRTl4N29rdVo3TnR0MzA?usp=sharing)   1. [Basic Hygiene](https://drive.google.com/open?id=0B1_YL_uWRTl4WHFiSlNJSmxPZWc) 2. [Dental Hygiene](https://drive.google.com/open?id=0B1_YL_uWRTl4TEoyYVVLVzZIZjA) 3. [Sense](https://drive.google.com/open?id=0B1_YL_uWRTl4QmhQQnpCVlRJQkU) 4. [Bones](https://drive.google.com/open?id=0B1_YL_uWRTl4LU9ic093cW5Ma1k) 5. [Muscles](https://drive.google.com/open?id=0B1_YL_uWRTl4S01lNU96ckt2cW8) 6. [Fitness/Fitness Goals](https://drive.google.com/open?id=0B55tNVc4t513YU1kQ192aE94bkk) 7. [Importance of Breakfast](https://drive.google.com/open?id=0B1_YL_uWRTl4THk4Nk91dEJ2MWc) 8. [Heart Diseases](https://drive.google.com/open?id=0B1_YL_uWRTl4dGItM2hoTlZUTzg) 9. [Carbs](https://drive.google.com/open?id=0B1_YL_uWRTl4Tl9nWVVNbXNJaTA) |
| 4-6 | [Games & Sport Skills](https://drive.google.com/drive/u/1/folders/1pBNhs__WECjl38gMCggMtYpCybsHZN3T) | **3 -** underhand/overhand throwing & catching, kicking  **4-** forward roll (gymnastics) game strategies  **5-** Throwing & catching, kicking & striking, shooting (basketball), combining locomotor and manipulative skills (i.e. catch a ball that’s tossed, dribbling and shooting) |
| Fourth 9 Weeks | 3 | [Locomotor](https://drive.google.com/drive/u/1/folders/1C7Db--pPDX2dwG_efxNmwdTdEjGH55rM) | Review of locomotor skills  Work on mastery of skills | [**Wellness**](https://drive.google.com/open?id=0B1_YL_uWRTl4Z0pfSmVWOFhxVUk)   1. [Good Characters/Conflict Resolution](https://drive.google.com/open?id=0B55tNVc4t513Y1dpdGQtWUxsOTg) 2. [Stress](https://drive.google.com/open?id=0B55tNVc4t513RkJwRWVpa09aNUk) 3. [Types of Diseases](https://drive.google.com/open?id=0B55tNVc4t513QW4tX0dZTmUtcGc) 4. [Tobacco & Drugs](https://drive.google.com/open?id=0B55tNVc4t513bks1LVppYnJIeFk) 5. [Environmental Health](https://drive.google.com/open?id=0B55tNVc4t513akprRWtWUjJWMjQ) 6. [Healthy Day Timeline](https://drive.google.com/open?id=0B55tNVc4t513eTlvQ3p3QkNVaWs) (Family Fitness) |
| 3 | [Rhythm & Dance](https://drive.google.com/open?id=0B1_YL_uWRTl4U21QT2N1NmJCaDA) | Review and expand |
| 3 | [Outdoor Recreation](https://drive.google.com/drive/u/1/folders/19E0DGCO7J7UhrmEVcrzAmr49_Lw3SCuV) | Lifetime activities  Outdoor Activities and Games  Participation in community recreation |