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

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| 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)
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| 3-4 | [Movement Concepts](https://drive.google.com/drive/u/1/folders/1C7Db--pPDX2dwG_efxNmwdTdEjGH55rM) | Spatial AwarenessQualities of MovementRelationshipsConditioning/FitnessTransferring WeightSimple 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 ropesJumping and landing (absorbing force)Combining locomotor skills |
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| Second 9 Weeks | 2-3 | Group Work / Team Games | Introduce social components teksTeam gamesWorking with others (collaboration)LeadershipTeam roleStationsField 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)
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| 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 |
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| Third 9 Weeks | 3-4 | [Movement Concepts](https://drive.google.com/drive/u/1/folders/1C7Db--pPDX2dwG_efxNmwdTdEjGH55rM) | RelationshipsConditioning/FitnessFitness 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)
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| 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 skillsWork 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)
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| 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 activitiesOutdoor Activities and GamesParticipation in community recreation  |