**K-2 Year at a Glance**

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| First 9 weeks | **Length (weeks)** | **Unit/Topics**  **(Movement TEKS)** | **Themes** | **CSH**  **(Health Related TEKS)** |
| 2 | [Beginning of Year](https://drive.google.com/drive/u/1/folders/1c-gdU8UjdpLwx55jt50TaES3zACa6FTK) | 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://drive.google.com/open?id=0B1_YL_uWRTl4am5SeEthT2FjOXc) 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](https://drive.google.com/open?id=0B1_YL_uWRTl4WFg3b3Bpdklid1k) & [Germs](https://drive.google.com/open?id=0B1_YL_uWRTl4bjZpbG9vX3cyYUU) 9. [Fat Facts (nutritional)](https://drive.google.com/open?id=0B1_YL_uWRTl4NHRZSThkNGswaTg) |
| 3-4 | [Movement Concepts](https://drive.google.com/drive/u/1/folders/1Sa5Vj8puBG_fIofZ4SfZF4RxEAlMdcW1) | Spatial Awareness  Qualities of Movement  Relationships  Conditioning/Fitness |
| 3-4 | [Locomotor](https://drive.google.com/drive/u/1/folders/1Sa5Vj8puBG_fIofZ4SfZF4RxEAlMdcW1) | Basic locomotor skill development:  Hopping, skipping, jumping, leaping, sliding, walking, running, & galloping |
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| Second 9 Weeks | 2-3 | Group Work / Team Games | Introduce social components teks  Working with others (collaboration)  Leadership  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_uWRTl4R2t2TUVNS3VWejg) 6. [Healthy Ads/Family Nutrition](https://goo.gl/dLgsFP) 7. [Food Labels](https://goo.gl/MuQhKe) 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/1mVo0gbbfQpGKqP9fusncwaTAaQ5d8h5N) | **K -** rolling & throwing  **1 -** Overhand/Underhand throw & Catch  **2 -**  Hand Eye & Hand Foot - Log Rolls (gymnastics) |
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| Third 9 Weeks | 3-4 | [Movement Concepts](https://drive.google.com/drive/u/1/folders/1Sa5Vj8puBG_fIofZ4SfZF4RxEAlMdcW1) | 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_uWRTl4UjN3Y1RlSjNoclk) 8. [Heart Diseases](https://drive.google.com/open?id=0B1_YL_uWRTl4dGItM2hoTlZUTzg) 9. [Carbs](https://drive.google.com/open?id=0B1_YL_uWRTl4Z2J6V2hXNVVzRFk) |
| 4-6 | [Games & Sport Skills](https://drive.google.com/drive/u/1/folders/1mVo0gbbfQpGKqP9fusncwaTAaQ5d8h5N) | **K -** rolling & throwing  **1 -** Overhand/Underhand throw & Catch  **2 -**  Hand Eye & Hand Foot, Log Rolls (gymnastics) |
| Fourth 9 Weeks | 3-4 | [Locomotor](https://drive.google.com/drive/u/1/folders/1Sa5Vj8puBG_fIofZ4SfZF4RxEAlMdcW1) | 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) |
| 2 | [Rhythm & Dance](https://drive.google.com/drive/u/1/folders/0B1_YL_uWRTl4U21QT2N1NmJCaDA) | Beat  Form, Effort, Patterns  Folk Dance  Rhythm Sticks - Tinikling - Jump Bands  Line or Circle Dances  Jump Rope |
| 3-4 | [Outdoor Recreation](https://drive.google.com/drive/u/1/folders/1UL6YfozWc5tWSOwNht37HNUutMmiTn3l) | Lifetime activities  Outdoor Activities and Games |