

Shaun Lehr
4th – 5th Grade – Physical Education/Pre Athletics – Syllabus
School Year: 2025–2026

First Semester (August – December)

<u>Unit</u>	<u>Focus</u>	<u>TEKS Covered</u>
1. Ball Control & Footwork (Jan 6 – Jan 16)	Students practice dribbling, pivots, and passes while improving movement and control.	4.1A–D, 4.2A–C, 5.1A–D, 5.2A–C
2. Shooting & Layups (Jan 20 – Jan 30)	Focus: Students develop proper shooting form, free throws, and layups using both hands.	4.2A–C, 4.3A–C, 5.2A–C, 5.3A–C
3. Defense & Team Play (Feb 2 – Feb 19)	Students apply rebounding, defensive stance, spacing, and teamwork in modified basketball games.	4.5A–C, 4.6A–C, 5.5A–C, 5.6A–C
4. Running Mechanics & Relays (Feb 23 – Mar 12)	Students refine sprinting technique, pacing, and baton exchanges in relay events.	4.1A–D, 4.2A–C, 5.1A–D, 5.2A–C
5. Field Events (Mar 16 – Apr 9)	Students practice long jump, broad jump, and throwing events while learning event rules.	4.2A–C, 5.2A–C
6. Endurance, Distance & Track Meet Prep (Apr 13 – May 23)	Students build endurance, refine technique, and prepare for a culminating track meet through individual and team events.	4.3A–E, 4.5A–C, 4.6A–C, 5.3A–E, 5.5A–C, 5.6A–C

Skills & Assessments (Applied Throughout Year)

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Skills TEKS: 4.1A–D, 4.2A–C, 4.3A–E, 4.5A–C, 4.6A–C, 5.1A–D, 5.2A–C, 5.3A–E, 5.5A–C, 5.6A–C

Formative Assessments: Daily warm-up and cool-down participation, skill checks during drills (passing, dribbling, sprinting, baton exchange, etc.), coach observation of teamwork and sportsmanship, partner activities, fitness logs, goal-setting reflections

Summative Assessments: Unit skills demonstrations (football, basketball, track & field), end-of-unit conditioning benchmarks, fitness testing (speed, agility, endurance, strength, flexibility), teamwork/sportsmanship rubrics

Ongoing Focus: Building sport-specific skills (football, basketball, track & field), developing physical fitness (strength, agility, endurance), demonstrating teamwork and communication, applying safety and rules, goal setting, effort, and sportsmanship

Goals

Refine Team Sport Skills (Basketball)

- Students will apply dribbling, passing, shooting, rebounding, and defense skills in structured team play and modified games.

Develop Track & Field Skills

- Students will demonstrate proper technique in sprinting, relays, long jump, and throwing events while understanding event rules.

Build Endurance & Fitness Awareness

- Students will set personal goals and monitor progress in cardiovascular endurance, speed, and strength through conditioning and running activities.

Apply Knowledge of Healthy Habits

- Students will explain the importance of nutrition, hydration, stretching, and rest for performance and overall health.

Demonstrate Character & Effort

- Students will show perseverance, self-discipline, and sportsmanship during individual and team challenges, including preparation for a culminating track meet.