

Unit 1: Movement patterns

The Movement Patterns and Movement Skills strand helps physically literate students develop fundamental movement patterns, spatial and body awareness, and rhythmic activities.

Teks Taught in This Unit/ Module

(K,1,2,3): 1.A,1.B,1.C,1.D, 2.A, 2.B, 3.A,3.B,3.C,3.D,3.E,3.F,3.G,3.H,3.I

Unit 2: Performance strategies

The Performance Strategies strand helps physically literate students apply strategies in the fundamental aspects of games, activities, and outdoor or recreational pursuits.

Teks Taught in This Unit/ Module

(K,1,2,3): 4.A,4.B,4.C,6.A,6.B,6.C

Unit 3: Health,physical activity and fitness

The Health, Physical Activity, and Fitness strand focuses on health-related fitness, environmental awareness, and safety practices, guiding students toward a health-enhancing, physically active lifestyle. A physically literate student demonstrates the skills and techniques used in physical activities, analyzes data from fitness performance, and understands the connection between nutrition, hydration, and physical activity.

Teks Taught in This Unit/ Module

(K,1,2,3): 8.A,8.B,8.C,9.A,9.B,10.A,10.B,11.A,11.B

Unit 4: Social and emotional health

The Social and Emotional Health strand focuses on collaboration, meeting class expectations, and applying self-management skills. The Lifetime Wellness strand encourages students to participate in physical activities for self-expression, enjoyment, and personal challenge.

Teks Taught in This Unit/ Module

(K,1,2,3): 12.A,12.B,12.C,13.A,13B,16.A,16.B