

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. Strength, Agility, and Football Basics (Aug 7 – Aug 28)	Students build strength, speed, and agility through conditioning while learning football safety, rules, and basic fundamentals.	4.1A–D, 4.3A–C, 4.5A–C, 5.1A–D, 5.3A–C, 5.5A–C
2. Ball Handling & Football Fundamentals (Sept 2 – Sept 18)	Focus: Students develop ball handling skills through passing, catching, hand-offs, snaps, and flag-pull technique.	4.2A–B, 4.1A–D, 5.2A–B, 5.1A–D
3. Offensive Basics (Sep 22 – Oct 9)	Students learn offensive fundamentals through route running, spacing, and simple formations to build teamwork and game awareness.	4.2C, 4.5A–C, 5.2C, 5.5A–C
4. Defensive Basics (Oct 13 – Oct 30)	Students practice defensive stance, pursuit angles, and flag/touch football techniques while applying teamwork and communication.	4.2A–C, 4.5A–C, 5.2A–C, 5.5A–C
5. Game Play & Strategy (Nov 3 – Nov 20)	Students apply offensive and defensive skills in modified games, emphasizing strategy, sportsmanship, and rule application.	4.3D–E, 4.5A–C, 5.3D–E, 5.5A–C
6. Strength, Agility & Lifetime Fitness (Nov 21 – Dec 17)	Students build overall conditioning with circuits and agility drills, while learning lifetime fitness skills, stretching, and personal goal setting.	4.1A–D, 4.3A–E, 4.6A–C, 5.1A–D, 5.3A–E, 5.6A–C

Shaun Lehr

4th – 5th Grade – Physical Education/Pre Athletics – Syllabus

School Year: 2025–2026

Skills & Assessments (Applied Throughout Year)

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

- **Build Physical Fitness**
 - Students will improve cardiovascular endurance, muscular strength, flexibility, and agility through regular conditioning and warm-up activities.
- **Develop Fundamental Motor Skills**
 - Students will demonstrate control and accuracy in locomotor (running, skipping, jumping) and manipulative skills (catching, throwing, kicking, dribbling).
- **Learn Team Sport Basics (Football & Basketball)**
 - Students will apply sport-specific skills such as passing, catching, dribbling, shooting, and defensive stance in modified games.
- **Understand Rules & Safety**
 - Students will explain and apply rules of play and demonstrate safe practices to prevent injury during physical activity.
- **Demonstrate Cooperation & Sportsmanship**
 - Students will show respect, communicate effectively, and work with teammates during group games and activities.