



***PowerPlay* is aligned to the Physical Education TEKS for Kindergarten through Grade 5.**

Physical Education, Kindergarten

(1) **Movement.** The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.

- (A) travel in different ways in a large group without bumping into others or falling
- (C) demonstrate non-locomotor (axial) movements such as bend and stretch
- (D) maintain balance while bearing weight on a variety of body parts
- (F) demonstrate a variety of relationships such as under, over, behind, next to, through, right, left, up, down, forward, backward, and in front of

(3) **Physical activity and health.** The student exhibits a health enhancing, physically-active lifestyle that improves health and provides opportunities for enjoyment and challenge.

- (A) describe and select physical activities that provide opportunities for enjoyment and challenge
- (B) participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration
- (C) participate in appropriate exercises for flexibility in shoulders, legs, and trunk
- (D) lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping
- (E) describe the benefits from involvement in daily physical activity such as feel better and sleep better

(4) **Physical activity and health.** The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.

- (A) observe and describe the immediate effect of physical activity on the heart and breathing rate and perspiration

(6) **Social development.** The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.

(B) demonstrate the ability to play within boundaries during games and activities

(7) **Social development.** The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

(C) share space and equipment with others

Physical Education, Grade 1

(1) **Movement.** The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.

(A) demonstrate an awareness of personal and general space while moving at different directions and levels such as high, medium, and low

(B) demonstrate proper foot patterns in hopping, jumping, skipping, leaping, galloping, and sliding

(C) demonstrate control in balancing and traveling activities

(F) create and imitate movement in response to selected rhythms

(3) **Physical activity and health.** The student exhibits a health-enhancing, physically-active lifestyle that improves health and provides opportunities for enjoyment and challenge

(A) describe and select physical activities that provide opportunities for enjoyment and challenge

(B) participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration

(C) participate in appropriate exercises for flexibility in shoulders, legs, and trunk

(D) lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping

(4) **Physical activity and health.** The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.

(B) describe the location and function of the heart

(7) **Social development.** The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

(A) follow directions and apply safe movement practices

(B) interact, cooperate, and respect others

Physical Education, Grade 2

(1) **Movement.** The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.

(A) travel independently in a large group while safely and quickly changing speed and direction

(D) demonstrate mature form in walking, hopping, and skipping

(F) demonstrate a variety of relationships in dynamic movement situations such as under, over, behind, next to, through, right, left, up, or down

(3) **Physical activity and health.** The student exhibits a health enhancing, physically-active lifestyle that improves health and provides opportunities for enjoyment and challenge.

(A) describe and select physical activities that provide opportunities for enjoyment and challenge

(B) participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration

(C) participate in appropriate exercises for flexibility in shoulders, legs, and trunk

(D) lift and support his/her weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping

(7) **Social development.** The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

(A) display good sportsmanship

(B) treat others with respect during play

Physical Education, Grade 3

(3) **Physical activity and health.** The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge.

(A) describe and select physical activities that provide for enjoyment and challenge

(B) participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration

(D) lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping

(E) identify opportunities for participation in physical activity in the community such as little league and parks and recreation.

(5) **Physical activity and health.** The student understands and applies safety practices associated with physical activities.

(A) use equipment safely and properly

(7) **Social development.** The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

(A) follow rules, procedures, and etiquette

(C) accept and respect differences and similarities in physical abilities of self and others

Physical Education, Grade 4

(1) **Movement.** The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.

(I) perform basic folk dance steps such as grapevine, schottische, and step-together- step

(3) **Physical activity and health.** The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge.

(B) name the components of health-related fitness such as strength, endurance, and flexibility

(C) identify and demonstrate a variety of exercises that promote flexibility

(D) improve flexibility in shoulders, trunk, and legs

(E) participate in activities that develop and maintain muscular strength and endurance

(F) identify opportunities for participation in physical activity in the community such as little league and parks and recreation

(4) **Physical activity and health.** The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.

(A) describe the effects of exercise on heart rate through the use of manual pulse checking or heart rate monitors

(B) participate in moderate to vigorous physical activities on a daily basis

(C) identify methods for measuring cardiovascular endurance, muscular strength and endurance, and flexibility

(5) **Physical activity and health.** The student understands and applies safety practices associated with physical activities.

(A) use equipment safely and properly

(7) **Social development.** The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

(A) follow rules, procedures, and etiquette

(C) work independently and stay on task

Physical Education, Grade 5

(1) **Movement.** The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

(B) demonstrate smooth combinations of fundamental locomotor skills such as running and dodging and hop-step, jump

(D) demonstrate controlled balance on a variety of objects such as balance board, stilts, scooters, and skates

(3) **Physical activity and health.** The student exhibits a health-enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge.

(A) participate in moderate to vigorous physical activities on a daily basis that develop health-related fitness

(B) identify appropriate personal fitness goals in each of the components of health-related fitness

(C) explain the value of participation in community physical activities such as little league and parks and recreation

(4) **Physical activity and health.** The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.

(B) self-monitor the heart rate during exercise

(C) match different types of physical activity with health-related fitness components

(5) **Physical activity and health.** The student understands and applies safety practices associated with physical activities.

(A) use equipment safely and properly

(7) **Social development.** The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

(A) follow rules, procedures, and etiquette