# Hurst-Euless-Bedford ISD

## Elementary Physical Education Sequence

### 2014-2015

<table>
<thead>
<tr>
<th>1st Six Weeks</th>
<th>2nd Six Weeks</th>
<th>3rd Six Weeks</th>
<th>4th Six Weeks</th>
<th>5th Six Weeks</th>
<th>6th Six Weeks</th>
</tr>
</thead>
</table>
| Playground & Gym Safety  
Social Skills  
Locomotor Skills  
Non-Locomotor Skills  
Coordination  
Fitness | Locomotor  
Eye-Foot Coordination  
Health & Nutrition  
Fitness  
Brain Gym  
Bicycle Safety  
Optional Fall Field Day | Locomotor  
Coordination  
Rhythms  
Health & Nutrition  
Fitness  
Brain Gym | Locomotor  
Eye-Hand & Eye-Foot  
Coordination  
Fitness  
Brain Gym | Playground Safety  
Locomotor  
Coordination  
Fitness  
Brain Gym | Locomotor  
Eye-Hand Coordination  
Fitness  
Brain Gym |
| 5th Grade | | | | | | 6th Grade |
| **Safety**  
Class Procedures  
Volleyball: Passing & Serving  
Brain Gym  
Bicycle Extravaganza  
FG-PACER  
FG-Curl Ups  
FG-Shoulder Stretch  
FG-Push-ups  
FG-Trunk Lift  
FG-BMI | **Soccer**: Trapping & Dribbling, Kicking, Passing, and Shooting with a Defender  
Soccer: Rules and Positions  
Bicycle Safety  
Bicycle Rodeo  
MOVES IT!  
(Soccer Partner Passing while Moving) | **Rhythms**  
Nutrition & Exercise  
Fitness  
Jump Rope Skills  
Heart Rate Monitors  
(JR Jump Rope Skiers) | **Basketball**: Dribbling, Passing & Shooting  
Nutrition & Exercise  
Cooperative Games  
Jump Rope Skills  
Heart Rate Monitors  
(Proper Technique in Shooting a Basketball) | **Track & Field**  
Heart Rate Monitors  
FG-PACER  
FG-Curl Ups  
FG-Shoulder Stretch  
FG-Push-ups  
FG-Trunk Lift  
FG-BMI | **Softball Games**  
Tennis Games  
Black and Blue Run  
Heart Rate Monitors  
(Proper use of Heart Rate Monitors) |
| **6th Grade** | **Football**: Passing, Catching, & Punting  
Football Flag Games  
Football Rules and Positions  
Bicycle Safety  
Bicycle Rodeo  
MOVES IT!  
(Punting) | **Rhythms**  
Nutrition & Exercise  
Fitness  
Jump Rope Skills  
Heart Rate Monitors  
(JR Jump Rope Scissors) | **Basketball**: Dribbling, Passing & Shooting  
Basketball Games  
Nutrition & Exercise  
Jump Rope Skills  
Heart Rate Monitors  
(Proper Technique in Passing, Catching, and Shooting a Basketball) | **Track & Field**  
Heart Rate Monitors  
FG-PACER  
FG-Curl Ups  
FG-Shoulder Stretch  
FG-Push-ups  
FG-Trunk Lift  
FG-BMI | **Softball Games**  
Tennis Games  
Black and Blue Run  
Heart Rate Monitors  
(Proper use of Heart Rate Monitors) |

- **Yellow highlights** indicate 6-weeks assessments
- Bowling activities rotate throughout the district for students in grades 4&6. Bowling activities must not exceed five days.
- USTA Tennis equipment rotates throughout the district. Unless aligned to the 6th 6-weeks curriculum, tennis activities should not exceed five days.
- All Fitnessgram Pre-Tests are to be completed and entered into the Fitnessgram software by October 3, 2014.
- All Fitnessgram Post-Tests are to be completed and entered into the Fitnessgram software by April 16, 2015.
- Students are encouraged to wear/use HRMs throughout the year. The HRM data for each student is to be recorded in the Student Data Folder.