

Fundamentals of PE

These are the suggested activities for Fundamentals of PE. The activity and time when taught may differ based on campus need.

Grading period	Examples of TEKS covered in activities
1st grading period- Personal Fitness	1bcdefg, 4ab
2nd and 3rd grading period- Physical Activity and Personal Fitness	1ab;2ab;3d; 4a-d;5gh
4th grading period- Body weight and Health Risks	1a; 2ab;4a-h;5abde
5th/6th grading period- resistance training	1ab; 2abcd;3fgh;4e