

**TAHPERD**  
**Texas Physical Education TEKS Framework**  
**5th Grade TEKS and Specificity**

Strand	Topic	Theme	TEKS	Specificity
			The student is expected to:	The student is expected to:
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	5.1A demonstrate appropriate use of levels in dynamic movement situations such as jumping high for a rebound and bending knees and lowering center of gravity when guarding an opponent.	<i>practice proper techniques in dynamic movement activities such as bending the knees when jumping for height and absorbing force when landing.</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	5.1B demonstrate smooth combinations of fundamental locomotor skills such as running and dodging and hop-step-jump.	<i>demonstrate competence while participating in activities that combine fundamental locomotor skills such as tag games, jumping sequences, and dance routines.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	5.1C demonstrate attention to form, power, accuracy, and follow-through in performing movement skills.	<i>perform the proper sequence of steps in activities such as rhythms, sports (individual and team), recreation (hiking, biking, rock wall climbing) activities.</i>
A. Movement	II. Non- Locomotor Skills	a. Balance	5.1D demonstrate controlled balance on a variety of objects such as balance board, stilts, scooters, and skates.	<i>demonstrate controlled balance in a variety of activities such as scooters, balance boards, skate boards, and in-line skating.</i>
A. Movement	III. Locomotor Skills	a. Basic Locomotor Skills	5.1E demonstrate simple stunts that exhibit agility such as jumping challenges with proper landings.	<i>participate in activities that promote agility such as tag games, obstacle courses and jumping challenges (line jumps, ski jumps and running long jumps).</i>
A. Movement	V. Games and Sports Skills	a. Rolling	5.1F combine traveling and rolling with smooth transitions.	<i>practice combining locomotor movements with various rolls such as log, egg, and forward rolls.</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	5.1G combine weight transfer and balance on mats and equipment.	<i>participate in activities that include weight transfer and balancing, such as individual and partner stunts, tumbling, and the use of balancing equipment (balance boards, beams, boxes, etc.).</i>
A. Movement	I. Movement Concepts	c. Relationships	5.1H demonstrate the ability to contrast a partner's movement.	<i>practice moving in opposition to a partner such as dodging while playing tag, right/left, front/back.</i>
A. Movement	IV. Rhythms	a. Rhythms	5.1I perform selected folk dances.	<i>demonstrate proper sequence of steps while performing folk dances such as the Schottische or Cotton-Eyed Joe.</i>
A. Movement	III. Locomotor Skills	b. Jump Rope Skills	5.1J jump a rope using various rhythms and foot patterns repeatedly.	<i>practice a series of foot patterns such as the bell, skier, scissors, and straddle.</i>
A. Movement	V. Games and Sports Skills	g. Various Games/ Sports Activities	5.1K demonstrate competence in manipulative skills in dynamic situations such as overhand throw, catch, shooting, hand dribble, foot dribble, kick, and striking activities such as hitting a softball.	<i>perform manipulative skills using proper techniques in movement games with limited guidance.</i>
A. Movement	V. Games and Sports Skills	g. Various Games/ Sports Activities	5.1L demonstrate combinations of locomotor and manipulative skills in complex and/or game-like situations such as pivoting and throwing, twisting and striking, and running and catching.	<i>practice combinations of locomotor and manipulative skills used in activities/games such as running and catching a pass or dribbling and shooting.</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	5.2A identify common phases such as preparation, movement, follow through, or recovery in a variety of movement skills such as tennis serve, handstand, and free throw.	<i>name the proper sequence of cues used in a variety of skills such as a free-throw. Prephase (1st): Balance feet and ball in dominant hand, eyes on target, elbows and knees bent. Movement (2nd): Extend knees and arm toward target. Follow-through (3rd): Snap wrist, release ball, and point to target.</i>

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<b>A. Movement</b>	I. Movement Concepts	b. Qualities of Movement	5.2B identify the importance of various elements of performance for different stages during skill learning such as form, power, accuracy, and consistency.	<i>identify the importance of various elements of performance for different stages during skill learning such as form (bent knees, low center of gravity, arms straight), power (transfer of weight, force of impact), accuracy (line up with target, correct follow through), and consistency (correct repetitive action).</i>
<b>A. Movement</b>	I. Movement Concepts	b. Qualities of Movement	5.2C choose appropriate drills/activities to enhance the learning of a specific skill.	<i>participate in lead-up activities prior to a modified game such as Keep It Up/Volleyball and practice shooting prior to a modified basketball game.</i>
<b>B. Health Related</b>	IV. Health and Skill-Related Fitness Benefits	b. Moderate/Vigorous Physical Activity	5.3A participate in moderate to vigorous physical activities on a daily basis that develop health-related fitness.	<i>perform moderate to vigorous physical activities that make your heart and respiration rate increase such as physical education classes, recess and outside the school setting.</i>
<b>B. Health Related</b>	III. Health and Skill-Related Fitness Concepts	g. Goal Setting	5.3B identify appropriate personal fitness goals in each of the components of health-related fitness.	<i>set a personal goal for each health-related fitness component using the state mandated assessment tool.</i>
<b>B. Health Related</b>	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	5.3C explain the value of participation in community physical activities such as little league and parks and recreation.	<i>discuss the benefits of participation in physical activity outside the school setting.</i>
<b>B. Health Related</b>	III. Health and Skill-Related Fitness Concepts	d. Cardio-Respiratory System	5.4A relate ways that aerobic exercise strengthens and improves the efficiency of the heart and lungs.	<i>describe how aerobic exercise improves the flow of oxygen through the body.</i>
<b>B. Health Related</b>	II Anatomy and Physiology	b. Heart Rate	5.4B self-monitor the heart rate during exercise.	<i>evaluate heart rate during exercise utilizing methods such as manual, pulse checking, PEI (perceived exertion index) or heart rate monitors.</i>
<b>B. Health Related</b>	III. Health and Skill-Related Fitness Concepts	a. Fitness Components	5.4C match different types of physical activity with health-related fitness components.	<i>categorize the different types of physical activities with health-related fitness components such as muscular endurance and curl-ups, and flexibility and stretching.</i>
<b>B. Health Related</b>	III. Health and Skill-Related Fitness Concepts	c. FITT: Frequency, Intensity, Time, and Type	5.4D define the principle of frequency, intensity, and time and describe how to incorporate these principles to improve fitness.	<i>describe how to use the FIT (frequency, intensity and time) principle in physical activities.</i>
<b>B. Health Related</b>	II Anatomy and Physiology	a. Muscular/Skeletal Systems	5.4E describe the structure and function of the muscular and skeletal system as they relate to physical performance such as muscles pull on bones to cause movement, muscles work in pairs, and muscles work by contracting and relaxing.	<i>discuss and demonstrate how the muscular and skeletal systems work together to allow for movement including exercises such as jumping jacks, push-ups and curl-ups.</i>
<b>B. Health Related</b>	VI. Nutrition	a. Nutrition	5.4F identify the relationship between optimal body function and a healthy eating plan such as eating a variety of foods in moderation according to U. S. dietary guidelines.	<i>describe how a healthy eating plan contributes positively to your health. Discuss the food pyramid and activity pyramid as they relate to optimal body function.</i>

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B. Health Related	IV. Health and Skill-Related Fitness Benefits	f. Posture	5.4G describe common skeletal problems and their effect on the body such as spinal curvatures.	<i>discuss the effects of low bone density such as brittle bones; the effects of scoliosis and back injuries.</i>
B. Health Related	VII. Risk Behaviors	a. Substance Abuse	5.4H describe the changes that occur in the cardio-respiratory system as a result of smoking and how those changes affect the ability to perform physical activity.	<i>explain the effects of smoking on physical activity including the loss of lung capacity and cardiovascular endurance.</i>
B. Health Related	VII. Risk Behaviors	a. Substance Abuse	5.4I describe how movement and coordination are affected by alcohol and other drugs	<i>discuss Dare to Drugs and alcohol consumption and the lack of control of mental awareness and coordination/balance such as slower reaction time.</i>
B. Health Related	I. Safety	c. Equipment Safety	5.5A use equipment safely and properly.	<i>use equipment and space properly including listen and follow directions, use equipment for its specified design, respect space of others when they are using equipment, take care of and respect equipment.</i>
B. Health Related	I. Safety	b. Proper Attire and Equipment	5.5B select and use proper attire that promotes participation and prevents injury.	<i>select and use proper attire that promotes participation and prevents injury such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing, closed toe/closed heel rubber sole shoes, shorts/pants under dresses and skirts, removal of jewelry in physical education, recreational activities, and on playgrounds.</i>
B. Health Related	I. Safety	a. Personal Safety	5.5C describe the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing injuries during physical activity.	<i>describe the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing injuries during physical activity such as learning and following rules and directions, being aware to surroundings and understanding fitness techniques.</i>
B. Health Related	I. Safety	d. Risks	5.5D identify potentially dangerous exercises and their adverse effects on the body.	<i>describe potentially dangerous exercises and their adverse effects on the body such as bouncing while stretching (muscle pull) and straight leg sit-ups (muscle strain).</i>
A. Movement	I. Movement Concepts	c. Relationships	5.6A describe fundamental components and strategies used in net/wall, invasion, target, and fielding games such as basic positions, goalie, offense, or defense.	<i>apply basic offensive and defensive strategies while playing a modified version of a sport such as lead-up games for volleyball, basketball, soccer or softball.</i>
C. Social	II. Cooperation and Respect	c. Teamwork	5.6B explain the concept and importance of team work.	<i>describe the components of teamwork and explain why each is important.</i>
C. Social	I. Safety	a. Rules, Procedures, and Etiquette	5.7A follow rules, procedures, and etiquette.	<i>demonstrate proper rules, procedures and etiquette such as respect yourself and others, shaking hands with opposing team.</i>
C. Social	II. Cooperation and Respect	d. Conflict Resolution	5.7B use sportsmanship skills for settling disagreements in socially acceptable ways such as remaining calm, identifying the problem, listening to others, generating solutions, or choosing a solution that is acceptable to all.	<i>practice and demonstrate good sportsmanship skills for settling disagreements such as remaining calm and being respectful.</i>

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C. Social	III. Goal Setting	a. Skill Development	5.7C describe how physical activity with a partner or partners can increase motivation and enhance safety	<i>explain the positive benefits of working together with a partner or a team in physical activities and games</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	5.L001 cooperatively play a designed or given small group game with opponents that involves throwing, catching, dodging, chasing and fleeing.	<i>practice small group games such as two on two or three on three, ultimate frisbee, Omnikin, basketball, soccer, football, grid games, etc.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	5.L002 make appropriate changes in performance based on feedback to improve skills.	<i>apply changes to performance based on feedback from state-mandated fitness assessment, teachers, peers and self-analysis.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	5.L003 understand basic biomechanical principles such as lowering the center of gravity and widening the base of support.	<i>demonstrate lowering the center of gravity for "ready position" in preparation to perform various movement skills.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	5.L004 practice setting and attempting to meet goals in various movement skill challenges.	<i>participate in goal setting (based on previous practice) prior to movement skill challenges such as the following: "How many tennis ball pop-ups do you think you can do?" "Did you meet your goal?" "Was your goal realistic?" "Why, why not?"</i>
A. Movement	I. Movement Concepts	c. Relationships	5.L005 coordinate movements with teammates to achieve team goals.	<i>discuss the attributes of a great team; discuss why you support others to be a good team player.</i>
A. Movement	I. Movement Concepts	d. Conditioning Fitness	5.L006 participate in an appropriate conditioning program for selected activities.	<i>participate in a conditioning program that is appropriate for health-related fitness, sport-related fitness or rhythmic activities.</i>
I. Movement	III. Locomotor Skills	a. Basic Locomotor Skills	5.L007 perform locomotor skills in dynamic fitness, sport, and rhythmic activities.	<i>incorporate locomotor skills in physical activities such as task stations, fitness warm-up, sports specific drills and rhythmic activities.</i>
A. Movement	IV. Rhythms	a. Rhythms	5.L008 move in time to simple rhythmic patterns such as 4/4 time.	<i>perform rhythmic sequence such as tinkling, and line, ballroom and folk dances.</i>
A. Movement	VI. Outdoor Recreation/Recreational Activities	a. Outdoor Recreation/Recreational Activities	5.L009 organize and participate in outdoor activities.	<i>participate in organized self-directed outdoor activities such as hopscotch, four square, tether ball, and long jump.</i>
B. Health Related	I. Safety	e. Precautions	5.L010 describe and apply safety precautions when cycling and skating.	<i>apply safety precautions including walking bike across street, one rider per bike, use designated areas, using hand and arm signals and wearing proper safety attire at all times.</i>
B. Health Related	I. Safety	g. Basic First Aid	5.L011 describe basic first aid procedures.	<i>demonstrate basic first aid procedures for sprains and strains, RICE (rest, ice, compression and elevation) principle and universal precautions.</i>
B. Health Related	I. Safety	h. Environmental	5.L012 identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cool-down activities.	<i>describe exercise precautions such as awareness of temperature, weather conditions, ozone levels, need for warm-up and cool-down activities, hydration, and proper clothing.</i>
B. Health Related	I. Safety	i. Water Safety	5.L013 explain water safety and basic rescue procedures.	<i>describe water safety and basic rescue procedures such as those established by the American Red Cross.</i>

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B. Health Related	III. Health and Skill-Related Fitness Concepts	a. Fitness Components	5.L014 identify each skill-related fitness component and describe how participating in skill-related activities impacts personal fitness.	<i>discuss how participation in skill-related games and activities impacts personal fitness.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	b. Physiological Effects of Exercise	5.L015 discuss the way exercise effects your body.	<i>list the benefits of exercising on your body.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	e. Lifelong Fitness	5.L016 discuss the importance of lifelong physical activities for families.	<i>explain the importance of participating in physical activity throughout life.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	5.L017 describe and select physical activities that provide for enjoyment and challenge.	<i>promote physical activities that you would enjoy doing such as, bicycle riding, swimming and roller blading.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	5.L018 participate in regular physical activity outside of school activities based on individual interests and/or capabilities.	<i>accumulate 60 minutes each day of age-appropriate moderate to vigorous physical activities to achieve optimal health, wellness, fitness and performance benefits.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	a. Benefits of Physical Activity	5.L019 describe selected long-term benefits of regular physical activity.	<i>list physical, mental and social benefits of participating in regular physical activity.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	c. Rest, Sleep and Recovery Time	5.L020 describe the need for rest and sleep in recovering from exercise.	<i>explain the importance of rest to activity level through games and activities that include periods of rest/recovery. Discuss recommended hours of sleep for age/grade level.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	d. Muscular Strength and Endurance	5.L021 participate in activities that develop and maintain muscular strength and endurance.	<i>identify and demonstrate activities that develop and maintain muscular strength and endurance such as soccer and jogging.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	e. Flexibility	5.L022 improve flexibility in shoulders, trunk, and legs.	<i>create a plan using a variety of flexibility exercises and activities such as shoulder stretch and crab walks to improve flexibility in shoulders, trunk and legs.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	g. Stress Management	5.L023 explain the relationship between physical activity and stress relief and demonstrate stress relief activities such as brisk walking, gentle stretching, and muscle tension and release.	<i>practice various stress relief techniques including brisk walking and gentle stretching.</i>
B. Health Related	V. Healthy Lifestyles	a. Active vs. Inactive Lifestyle	5.L024 explain the effects of nutrition and exercise on weight control.	<i>describe the effect of eating and exercise patterns on weight control.</i>
B. Health Related	VI. Nutrition	b. Healthy Foods	5.L025 identify the components of a balanced meal.	<i>list and describe examples of the components of a balanced meal.</i>

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<b>B. Health Related</b>	VI. Nutrition	c. <b>Consumerism</b>	<b>5.L026 identify sources of information on skill improvement, fitness, and health such as books and technology.</b>	<i>name sources of information on skill improvement, fitness and health in places such as school/local library and online.</i>
<b>B. Health Related</b>	VIII. Health and Skill-Related Fitness Technology	a. <b>Technology</b>	<b>5.L027 identify methods for measuring cardiovascular endurance, muscular strength and endurance, and flexibility.</b>	<i>list and implement technology tools used to measure fitness, such as pulse bars and heart rate monitors.</i>
<b>C. Social</b>	I. Safety	a. <b>Rules, Procedures, and Etiquette</b>	<b>5.L028 distinguish between compliance and noncompliance with rules and regulations.</b>	<i>explain the rules of compliance and the consequences of noncompliance.</i>
<b>C. Social</b>	II. Cooperation and Respect	a. <b>Rules, Strategies, and Officiating</b>	<b>5.L029 demonstrate the basic rules in games and physical activities.</b>	<i>implement the basic rules in self-directed games and physical activities through fair play.</i>
<b>C. Social</b>	II. Cooperation and Respect	b. <b>Sportsmanship Etiquette</b>	<b>5.L030 demonstrate effective communication, consideration and respect for the feelings of others during physical activities such as encourage others, allows others equal turns, and invite others to participate.</b>	<i>recognize and respect individual abilities and limitations.</i>
<b>C. Social</b>	III. Goal Setting	b. <b>Game Strategies</b>	<b>5.L031 modify games/activities to improve the game/activity</b>	<i>adjust activities to ensure maximum participation using strategies such as, verbal cues, demonstrations, practice stations and a variety of equipment</i>