

TAHPERD
Texas Physical Education Framework
Texas Essential Knowledge, Skills (TEKS) and Specificities (Activities)

Framework Overview

Format is as follows:

Strand	Topic	Theme
A. Movement	I. Movement Concepts	<p>a. Spatial/Body Awareness – where the body moves – general or personal space, direction, level, pathways, planes</p> <p>b. Qualities of Movement – how the body moves - time, speed & force flow</p> <p>c. Relationships – correlation among body parts, objects, and/or people</p> <p>d. Conditioning/Fitness</p>
	II. Non Locomotor Skills	<p>a. Balance – bending, twisting, turning, rocking, swaying, pulling & pushing</p>
	III. Locomotor Skills	<p>a. Basic Locomotor Skills – walking, running, hopping, skipping, jumping, leaping, sliding & galloping</p> <p>b. Jump Rope Skills</p>
	IV. Rhythms	<p>a. Rhythms</p>
	V. Games and Sports Skills	<p>a. Rolling</p> <p>b. Chasing, Fleeing and Dodging</p> <p>c. Dribbling w/hands</p>

Strand	Topic	Theme
A. Movement (continued)	V. Games and Sports Skills (continued)	d. Throwing and Catching e. Striking and Volleying f. Kicking and Punting g. Various Games/Sports Activities
	VI. Outdoor Recreation/ Recreational Activities	a. Outdoor Recreation/ Recreational Activities
B. Health Related	I. Safety	a. Personal Safety b. Proper Attire & Equipment c. Equipment Safety d. Risks e. Precautions f. Posture g. Basic First Aid h. Environmental i. Water Safety
	II. Anatomy & Physiology	a. Muscular/Skeletal System b. Heart Rate
	III. Health & Skill Related Fitness Concepts	a. Fitness Components b. Physiological Effects of Exercise
		c. FITT (Frequency, Intensity, Time & Type)

Strand	Topic	Theme
B. Health Related (continued)	III. Health & Skill Related Fitness Concepts (continued)	<ul style="list-style-type: none"> d. Cardio-Respiratory System e. Lifelong Fitness f. Opportunities for Physical Activity g. Goal Setting
	IV. Health & Skill Related Fitness Benefits	<ul style="list-style-type: none"> a. Benefits of Physical Activity b. Moderate/Vigorous Physical Activity c. Rest, Sleep & Recovery Time d. Muscular Strength & Endurance e. Flexibility f. Posture g. Stress Management
	V. Healthy Lifestyles	<ul style="list-style-type: none"> a. Active vs Inactive Lifestyles
	VI. Nutrition	<ul style="list-style-type: none"> a. Nutrition b. Healthy Foods c. Consumerism
	VII. Risk Behaviors	<ul style="list-style-type: none"> a. Substance Abuse
	VIII. Technology	<ul style="list-style-type: none"> a. Technology

I. Safety

a. Rules, Procedures & Etiquette

Strand	Topic	Theme
C. Social	II. Cooperation & Respect	<ul style="list-style-type: none"> a. Rules, Strategies & Officiating b. Sportsmanship/Etiquette c. Teamwork d. Conflict Resolution
	III. Goal Setting	<ul style="list-style-type: none"> a. Skill Development b. Game Strategies c. Peer Networking
	IV. Social Studies	<ul style="list-style-type: none"> a. History