

TAHPERD
Texas Physical Education TEKS Framework
Aerobic Activities TEKS and Specificity

Strand	Topic	Theme	TEKS	Specificity
			The student is expected to:	The student is expected to:
A. Movement	V. Games and Sports Skills	g. Various Games/ Sports Activities	AA.1A exhibit a level of competency in two or more aerobic activities that may include aerobic dance, aqua aerobics, cycling, jogging, power walking, recreational dance, and step aerobics.	<i>participate in moderate to vigorous health-related physical activities on a regular basis.</i>
A. Movement	I. Movement Concepts	c. Relationships	AA.1B consistently perform skills, strategies, and rules at a basic level of competency.	execute relationships, levels, speeds, direction, and pathways effectively in individual/group physical activities.
A. Movement	I. Movement Concepts	b. Qualities of Movement	AA.2A use internal and external information to modify movement during performance.	<i>apply internal and external information to adjust performances that combine traveling and weight transfer into smooth, flowing sequences.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	AA.2B describe appropriate practices and procedures to improve skill and strategy in an activity.	<i>explain and implement activities to improve performance and to practice specific skills.</i>
A. Movement	I. Movement Concepts	d. Conditioning Fitness	AA.2C develop an appropriate conditioning program for the selected activity.	<i>create an appropriate conditioning program to include agility, speed, power, coordination, balance, flexibility, aerobic capacity, muscular strength and endurance.</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	AA.2D identify correctly the critical elements for successful performance within the context of the activity.	<i>classify activities as being aerobic or anaerobic and analyze effects of exercise on heart rate.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	AA.3A select and participate in aerobic activities that provide for enjoyment and challenge.	<i>choose and participate in aerobic activities that promote enjoyment and challenge such as aerobic dance, bicycling, jogging and step aerobics.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	a. Fitness Components	AA.3B analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.	<i>critique data after participating in pre-testing, goal setting and post-testing fitness activities for cardiovascular endurance, muscular strength and endurance, flexibility and body composition.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	d. Cardio-Respiratory System	AA.3C analyze and compare health and fitness benefits derived from participating in selected aerobic activities.	<i>evaluate the health and fitness benefits from various aerobic activities such as aerobic dance, jump rope, fitness stations and tae bo.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	g. Goal Setting	AA.3D establish realistic yet challenging health-related fitness goals.	<i>develop practical and challenging health-related fitness goals such as flexibility, cardiovascular endurance, muscular strength and endurance and body composition.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	g. Goal Setting	AA.3E develop and participate in a personal fitness program that has the potential to provide identified goals.	<i>establish personal fitness goals and make appropriate changes for improvement by applying learned fitness concepts such as increasing frequency, intensity and time.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	c. FITT: Frequency, Intensity, Time, and Type	AA.3F describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardio-respiratory endurance.	<i>explain the FITT principle.</i>

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B. Health Related	VIII. Health and Skill-Related Fitness Technology	a. Technology	AA.3G select and use appropriate technology tools to evaluate, monitor, and improve physical development.	describe and implement technology tools to evaluate, monitor, and improve physical development such as heart rate monitors, body fat analyzers and pedometers.
B. Health Related	VII. Risk Behaviors	a. Substance Abuse	AA.3H explain the effects of substance abuse on personal health and performance in physical activity.	describe and explain how substance abuse affects physical performance such as balance, coordination, heart rate, fatigue, dehydration and stress.
B. Health Related	I. Safety	d. Risks	AA.4A evaluate risks and safety factors that may effect aerobic activity preferences throughout the life span such as nutrition, physical activity habits, and risk factors related to heredity.	analyze the risks and safety factors that affect aerobic activities throughout life such as nutrition, physical activity habits and heredity.
B. Health Related	I. Safety	c. Equipment Safety	AA.4B identify and apply rules and procedures that are designed for safe participation.	describe and implement safety procedures at all times in aerobic activities when using equipment and following directions.
B. Health Related	I. Safety	b. Proper Attire and Equipment	AA.4C explain why and how a rule provides safe practices in participation.	describe how physical activity rules provide safe practices in participation such as stretching before physical activity, drinking water and wearing proper attire.
B. Health Related	I. Safety	a. Personal Safety	AA.4D describe equipment and practices that decrease the likelihood of injury such as proper footwear.	implement safety procedures including warm-up, cool-down and proper attire while participating in all physical activities.
C. Social	III. Goal Setting	a. Skill Development	AA.5A evaluate personal skills and set realistic goals for improvement.	demonstrate the ability to monitor and adjust skills to meet personal physical fitness needs.
C. Social	II. Cooperation and Respect	d. Conflict Resolution	AA.5B respond to challenges, successes, and failures in physical activities in socially appropriate ways.	demonstrate good sportsmanship, emphasize the process of striving to reach a goal, focus on individual fitness or skill level and celebrate achievement.
C. Social	II. Cooperation and Respect	b. Sportsmanship Etiquette	AA.5C accept successes and performance limitations of self and others, exhibit appropriate behavior/responses, and recognize that improvement is possible with appropriate practice.	recognize and respect individual abilities and limitations.
C. Social	I. Safety	a. Rules, Procedures, and Etiquette	AA.5D anticipate potentially dangerous consequences of participating in selected aerobic activities.	identify and describe the potential injuries that may result from repetitive movements, improper form, inadequate footwear, over training and various surface conditions.
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	AA.L001 apply personal and group spatial concepts when participating in all physical activities.	incorporate appropriate spatial concepts in movement activities such as moving in different directions and levels and in variance of speed.
A. Movement	I. Movement Concepts	b. Qualities of Movement	AA.L002 recognize that improvement is possible with appropriate practice.	recognize and understand that improvement is based upon appropriate time on task such as setting aside time to practice skills during and outside of class time.
A. Movement	I. Movement Concepts	b. Qualities of Movement	AA.L003 identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support to increase stability.	describe and practice basic biomechanical principles including lowering the center of gravity and widening the base of support to increase stability.

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A. Movement	I. Movement Concepts	b. Qualities of Movement	AA.L004 describe the importance of goal setting in improving skill.	<i>explain the importance of goal setting in improving skills such as increasing frequency, intensity time and type and maintaining a health-fitness zone.</i>
A. Movement	III. Locomotor Skills	b. Jump Rope Skills	AA.L005 participate in jump rope activities to increase aerobic capacity.	<i>perform jump rope routines (including changes in speed, direction, and flow); increase duration, speed, and intensity.</i>
A. Movement	IV. Rhythms	a. Rhythms	AA.L006 perform a variety of creative aerobic exercise routines.	<i>participate in a variety of creative aerobic exercise routines; choreograph and perform aerobic exercise routines.</i>
A. Movement	IV. Rhythms	a. Rhythms	AA.L007 design and perform sequences of aerobic exercise steps/movements into practiced sequences with intentional changes in speed, direction, and flow.	<i>choreograph and perform aerobic exercise movements to various tempos including changes in speed, direction, and flow.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	a. Fitness Components	AA.L008 identify and apply the health-related fitness principles to outdoor activities.	<i>evaluate methods of measuring health-related fitness including the state-mandated fitness assessment using various tools such as activity logs, journals and on-line teaching.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	AA.L009 identify aerobic activities that achieve health-related fitness goals in both school and community settings.	<i>name aerobic activities that are available in both school and community settings that promote health-related fitness goals such as aerobic dance and step aerobics.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	AA.L010 participate regularly in aerobic activities.	<i>participate on a regular basis in aerobic activities such as aerobic dance, step aerobics, tai bo, bicycling and jogging.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	a. Benefits of Physical Activity	AA.L011 show evidence of developing and maintaining health-related fitness.	<i>participate in the state fitness assessment tool on a regular basis and participate in physical activities that promote fitness.</i>
B. Health Related	V. Healthy Lifestyles	a. Active vs. Inactive Lifestyle	AA.L012 explain the effects of eating and exercise patterns on weight control, self-concept, and physical performance.	<i>describe the effects of eating and exercise patterns on weight control, self-concept and physical performance.</i>
C. Social	I. Safety	a. Rules, Procedures, and Etiquette	AA.L013 apply rules, procedures, and etiquette.	<i>participate with opponents of varied skill levels in individual sports such as aerobics dance, tennis, swimming, etc. Play by the rules and use proper etiquette and sportsmanship.</i>
C. Social	II. Cooperation and Respect	a. Rules, Strategies, and Officiating	AA.L014 identify and follow the rules while participating at various physical fitness facilities and classes, such as health clubs, outdoor recreation facilities, yoga and spin classes.	<i>demonstrate self-responsibility and fair play while participating in physical fitness activities.</i>
C. Social	II. Cooperation and Respect	c. Teamwork	AA.L015 work cooperatively in a group to achieve personal fitness goals.	<i>work cohesively in a group to achieve specific goals and increase success.</i>
C. Social	III. Goal Setting	b. Game Strategies	AA.L016 modify game/physical activities if needed to improve participation and success.	<i>provide multi-levels of activity so that all students can participate and achieve success.</i>