

TAHPERD
Texas Physical Education TEKS Framework
Foundations of Personal Fitness TEKS and Specificity

			TEKS	Specificity
Strand	Topic	Theme	The student is expected to:	The student is expected to:
B. Health Related	IV. Health and Skill-Related Fitness Benefits	a. Benefits of Physical Activity	FPF.1A apply physiological principles related to exercise and training such as warm-up/cool down, overload, frequency, intensity, specificity, or progression.	<i>demonstrate physiological principles related to exercise and training such as warm-up/cool-down, overload, frequency, intensity, specificity, or progression.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	FPF.1B apply biomechanical principles related to exercise and training such as force, leverage, and type of contraction.	<i>identify biomechanical principles while participating in activities such as arm curls, triceps extension and push vs. pull.</i>
C. Social	I. Safety	a. Rules, Procedures, and Etiquette	FPF.2A apply rules, procedures, and etiquette.	<i>establish and demonstrate rules, safety procedures, and etiquette for personal fitness activities.</i>
C. Social	II. Cooperation and Respect	d. Conflict Resolution	FPF.2B recognize and resolve conflicts during physical activity.	<i>identify conflict and problem solve with dignity and respect.</i>
B. Health Related	I. Safety	a. Personal Safety	FPF.3A demonstrate safety procedures such as spotting during gymnastics and using non-skid footwear.	<i>implement safety procedures while participating in all physical activities including warm-up, cool-down and proper attire.</i>
B. Health Related	I. Safety	d. Risks	FPF.3B describe examples and exercises that may be harmful or unsafe.	<i>discuss harmful or unsafe exercises such as double-leg lift, straight-leg sit-ups and hyper-extending the neck.</i>
B. Health Related	I. Safety	h. Environmental	FPF.3C explain the relationship between fluid balance, physical activity, and environmental conditions such as loss of water and salt during exercise.	<i>describe the relationship of fluid balance, physical activities and environment such as hydration and dehydration.</i>
B. Health Related	VII. Risk Behaviors	a. Substance Abuse	FPF.3D identify the effects of substance abuse on physical performance.	<i>describe and explain how substance abuse affects physical performance such as balance, coordination, heart rate, fatigue, dehydration and stress.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	FPF.4A explain the relationship between physical fitness and health.	<i>promote physical activities that you would enjoy doing such as weight lifting, fitness training and fitness activities.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	b. Moderate/Vigorous Physical Activity	FPF.4B participate in a variety of activities that develop health-related physical fitness activities including aerobic exercise to develop cardiovascular efficiency.	<i>practice in a variety of activities that develop cardiovascular fitness including aerobics and other activities such as jogging, basketball, jump roping and jumping jacks.</i>
A. Movement	V. Games and Sports Skills	g. Various Games/Sports Activities	FPF.4C demonstrate the skill-related components of physical fitness such as agility, balance, coordination, power, reaction time, and speed.	<i>participate in skill-related activities such as line touches, walk a beam, curb, line, standing long jump, timed zigzag, run, and 100 yd dash.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	a. Fitness Components	FPF.4D compare and contrast health-related and skill-related fitness.	<i>differentiate health and skill-related fitness such as balance to flexibility and speed to muscular endurance.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	a. Fitness Components	FPF.4E describe methods of evaluating health-related fitness such as Cooper's 1.5 mile run test.	<i>name and discuss various components of each health-related fitness category in the state-mandated testing tool.</i>

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B. Health Related	III. Health and Skill-Related Fitness Concepts	c. FITT: Frequency, Intensity, Time, and Type	FPF.4F list and describe the components of exercise prescription such as overload principle, type, progression, or specificity.	<i>name and discuss the exercise prescription components such as overload principle, type, progression, or specificity.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	FPF.4G design and implement a personal fitness program.	<i>create and apply a personal fitness program including skill-related and health-related components of fitness.</i>
B. Health Related	VI. Nutrition	c. Consumerism	FPF.4H evaluate consumer issues related to physical-fitness such as marketing claims promoting fitness products and services.	<i>analyze various health-related fitness products and services to determine their actual effectiveness and validity.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	e. Lifelong Fitness	FPF.5A investigate positive and negative attitudes towards exercise and physical activities.	<i>recognize and evaluate positive and negative attitudes towards exercise and physical activities such as myth vs. facts (female weight training builds bulky muscles) and "no pain, no gain."</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	g. Stress Management	FPF.5B describe physical fitness activities that can be used for stress reduction.	<i>apply and practice physical fitness activities that reduce stress such as walking, yoga, jogging, and stretching.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	b. Physiological Effects of Exercise	FPF.5C explain how over training may contribute to negative health problems such as bulimia and anorexia.	<i>describe how over training may contribute to negative health problems such as eating disorders, muscle breakdown, and injuries.</i>
B. Health Related	VI. Nutrition	a. Nutrition	FPF.5D analyze the relationship between sound nutritional practices and physical activity.	<i>recognize and evaluate the relationship between nutrition and physical activity such as portion size to weight control and hydration to heat exhaustion.</i>
B. Health Related	VI. Nutrition	b. Healthy Foods	FPF.5E explain myths associated with physical activity and nutritional practices.	<i>describe myths associated with physical activity and nutritional practices such as spot reduction (exercises/machines), power bars, power drinks, diet supplements, and fad diets.</i>
B. Health Related	V. Healthy Lifestyles	a. Active vs. Inactive Lifestyle	FPF.5F analyze methods of weight control such as diet, exercise, or combination of both.	<i>evaluate positive and negative weight control methods including nutrition, exercise, and quick gimmicks.</i>
B. Health Related	VII. Risk Behaviors	a. Substance Abuse	FPF.5G identify changeable risk factors such as inactivity, smoking, nutrition, and stress that affect physical activity and health.	<i>evaluate and discuss changeable risk factors that affect physical activities and health including obesity, smokeless tobacco and diabetes.</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	FPF.L001 apply personal and group spatial concepts when participating in all physical activities.	<i>incorporate appropriate spatial concepts in movement activities such as moving in different directions and levels and variance of speed.</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	FPF.L002 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>
A. Movement	I. Movement Concepts	b. Qualities of Movement	FPF.L003 demonstrate proper technique while performing health- and skill-related fitness activities.	<i>practice proper techniques in physical activities including walking, jogging and weight training and sports.</i>

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A. Movement	I. Movement Concepts	b. Qualities of Movement	FPF.L004 create and modify activities that provide practice of selected skills to improve performance.	<i>create, modify and practice activities to improve performance and practice specific skills.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	FPF.L005 recognize that improvement is possible with appropriate practice.	<i>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.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	FPF.L006 make appropriate changes in performance based on feedback.	<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	FPF.L007 describe the importance of goal setting in improving personal fitness.	<i>explain the importance of goal setting in improving personal fitness such as increasing frequency, intensity, time and type and maintaining a health fitness zone.</i>
A. Movement	I. Movement Concepts	c. Relationships	FPF.L008 demonstrate the ability to work with a partner in personal fitness activities.	<i>participate with partner in personal fitness activities such as spotting in weight lifting and encouraging partner toward his/her personal fitness goals.</i>
A. Movement	I. Movement Concepts	d. Conditioning Fitness	FPF.L009 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>
I. Movement	III. Locomotor Skills	a. Basic Locomotor Skills	FPF.L010 perform locomotor skills in fitness activities.	<i>perform skills such as pacer, sprints, horizontal and vertical jumps, mile run, and rhythmic aerobics, etc.</i>
A. Movement	III. Locomotor Skills	b. Jump Rope Skills	FPF.L011 participate in jump rope activities to increase aerobic capacity.	<i>jump rope for extended periods of time, increasing duration, speed, and intensity.</i>
A. Movement	IV. Rhythms	a. Rhythms	FPF.L012 perform a variety of low to high intensity aerobic exercise routines.	<i>participate in a variety of low to high intensity aerobic exercise routines such as circuit training and step aerobics.</i>
A. Movement	IV. Rhythms	a. Rhythms	FPF.L013 design and perform sequences of exercise steps/movements into practiced sequences with intentional changes in speed, direction, and flow.	<i>create and perform exercise movements to various tempos including changes in speed, direction, and flow.</i>
B. Health Related	I. Safety	b. Proper Attire and Equipment	FPF.L014 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, removal of jewelry in physical education, recreational activities, and on playgrounds.</i>
B. Health Related	I. Safety	c. Equipment Safety	FPF.L015 use equipment safely and properly.	<i>use equipment safely and properly including follow directions when using equipment in all PE classes; and move safely in activity areas.</i>
B. Health Related	I. Safety	e. Precautions	FPF.L016 apply warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat, and insects; and recommend prevention and treatment.	<i>demonstrate warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as inclement weather (e.g., wind, cold, heat, ozone alerts, lightning) and insects; and recommend prevention and treatment such as insect repellent and sunscreen.</i>

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B. Health Related	I. Safety	g. Basic First Aid	FPF.L017 describe basic first aid procedures.	<i>apply basic first aid procedures including sprains and strains, bruises, cuts, dislocation, broken bones and RICE (rest, ice, compression and elevation) principle.</i>
B. Health Related	I. Safety	i. Water Safety	FPF.L018 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>
B. Health Related	II Anatomy and Physiology	a. Muscular/ Skeletal Systems	FPF.L019 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 how the muscular and skeletal systems work together to allow for movement.</i>
B. Health Related	II Anatomy and Physiology	b. Heart Rate	FPF.L020 analyze effects of exercise on heart rate through the use of manual pulse checking and recovery rates, heart rate monitors, perceived exertion scales, and/or computer generated data.	<i>evaluate personal level of exertion while exercising using various techniques such as heart rate monitors, pedometers, pulse bars, manual pulse check and/or fitnessgram assessment.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	d. Cardio- Respiratory System	FPF.L021 differentiate between aerobic and anaerobic activities.	<i>compare and contrast different aerobic and anaerobic physical activities such as mile run verses 100 yard dash and 30 second jump rope verses 30 second walking.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	FPF.L022 participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities.	<i>participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities such as intramurals, athletic, clubs, recreational leagues, Boy/Girl scout and YMCA activities, and church leagues.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	g. Goal Setting	FPF.L023 evaluate personal fitness goals and make appropriate changes for improvement.	<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	IV. Health and Skill-Related Fitness Benefits	c. Rest, Sleep and Recovery Time	FPF.L024 explain why recovery time is necessary.	<i>detail basic physiological functions that occur during recovery time from various physical activities such as, weight lifting, jogging/walking, interval training, etc.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	d. Muscular Strength and Endurance	FPF.L025 develop and maintain muscular strength and endurance of the arms, shoulders, abdomen, back, and legs.	<i>participate in activities that develop and maintain muscular strength and endurance of the arms, shoulders, abdomen, back and legs, such as, straight body push-ups, curl-ups, trunk lift and squats.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	f. Posture	FPF.L026 evaluate exercises in their ability to promote flexibility, muscle balance, and increase bone density.	<i>participate in exercises that promote flexibility, muscle balance and increase bone density such as posture, stretches and weight lifting.</i>
B. Health Related	VIII. Health and Skill-Related Fitness Technology	a. Technology	FPF.L027 select and use appropriate technology tools to evaluate, monitor, and improve physical development.	<i>describe and implement technology tools to evaluate, monitor, and improve physical development such as heart rate monitors, body fat analyzers and pedometers.</i>

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C. Social	I. Safety	a. Rules, Procedures and Etiquette	FPF.L028 distinguish between compliance and noncompliance of rules and regulations and apply agreed upon consequences while participating in personal fitness activities.	<i>follow rules, demonstrate good sportsmanship, self-officiate and respect consequences for the game being played.</i>
C. Social	II. Cooperation and Respect	a. Rules, Strategies, and Officiating	FPF.L029 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	b. Sportsmanship Etiquette	FPF.L030 accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice.	<i>recognize and respect individual abilities and limitations.</i>
C. Social	II. Cooperation and Respect	c. Teamwork	FPF.L031 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	FPF.L032 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>
C. Social	III. Goal Setting	a. Skill Development	FPF.L033 use peer interaction to enhance personal fitness.	<i>work positively with friends/partners to achieve individual and team fitness goals.</i>