

TAHPERD
Texas Physical Education Framework
Texas Essential Knowledge, Skills (TEKS) and Specificities (Activities)
6th Grade - Foundations of Personal Fitness Bundles

Bundle	6th Grade			7 th Grade			8 th Grade			Foundations of Personal		
	Movement	Health	Social	Movement	Health	Social	Movement	Health	Social	Movement	Health	Social
Conditioning & Fitness (ongoing throughout the year)	6.4A	6.3A		7.2C	7.3B	7.L026	8.2C	8.3D	8.L023	FPF.1B	FPF.1A	FPF.L030
	6.L010	6.3B		7.2E	7.3C		8.2E	8.3E		FPF.4C	FPF.4A	FPF.L031
	6.L026	6.3C		7.2F	7.3D		8.2F	8.3F		FPF.L001	FPF.4B	FPF.L032
	6.L030	6.3D		7.L004	7.3E		8.L004	8.3G		FPF.L002	FPF.4D	FPF.L033
		6.4B		7.L008	7.4A		8.L008	8.3H		FPF.L003	FPF.4E	
		6.4C			7.4B			8.3I		FPF.L004	FPF.4F	
		6.4D			7.4C			8.4A		FPF.L005	FPF.4G	
		6.4E			7.4D			8.4B		FPF.L006	FPF.5A	
		6.L019			7.4F			8.4C		FPF.L007	FPF.5B	
		6.L020			7.4G			8.4E		FPF.L008	FPF.5C	
		6.L021			7.L013			8.4F		FPF.L009	FPF.L019	
		6.L022			7.L014			8.L013		FPF.L010	FPF.L020	
		6.L023			7.L015			8.L014		FPF.L011	FPF.L021	
		6.L024			7.L018			8.L015		FPF.L013	FPF.L023	
		6.L025			7.L019			8.L016			FPF.L024	
		6.L027			7.L020			8.L017			FPF.L025	
		6.L028			7.L021			8.L018			FPF.L026	
		6.L029									FPF.L027	
		6.L031										
	Cooperative Games/Team Building Activities	6.2B 6.L006		6.L034	7.1A 7.2C		7.7D 7.7E 7.L028	8.1A 8.2C		8.7E 8.L024	FPF.L001	
Individual Sports	6.1A 6.1B 6.1C 6.1F 6.1G 6.2A 6.2B		6.6A 6.6B 6.7D 6.7F	7.1B 7.1C 7.1F 7.1G 7.2A 7.2B 7.2C	7.3A 7.3B 7.3E 7.L016 7.L017	7.7B 7.7D 7.7E 7.L026 7.L027	8.1B 8.1C 8.1F 8.1G 8.2A 8.2B 8.2C	8.3A 8.3B 8.3C 8.3D 8.3E 8.3I	8.7B 8.7E 8.L023 8.L024		FPF.4B FPF.L022 FPF.L027	

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Individual Sports (continued)	6.2C 6.L001 6.L002 6.L003 6.L004 6.L005 6.L006 6.L008 6.L009 6.L011 6.L012			7.2D 7.2E 7.2F 7.2G 7.6B 7.L001 7.L002 7.L003 7.L004 7.L005 7.L006 7.L007 7.L009			8.2D 8.2E 8.2F 8.2G 8.6B 8.L001 8.L002 8.L003 8.L004 8.L006 8.L007 8.L009					
Nutrition		6.4F 6.4I 6.L032			7.4E 7.4H 7.L002 7.L023			8.4D 8.4G 8.L019 8.L020			FPF.4H FPF.5D FPF.5E FPF.5F	
Outdoor Recreation/ Recreational Activities	6.2A 6.2B 6.L009 6.L015	6.3A 6.L023 6.L024 6.L025	6.7E	7.1H 7.2C	7.3A 7.L016 7.L017	7.7B 7.L026 7.L027	8.1H 8.2C	8.3A 8.3B 8.3C	8.7B 8.L023 8.L024	FPF.L001	FPF.L022	
Rhythms	6.1A 6.1D 6.1E 6.2A 6.2B 6.L009			7.1D 7.1E 7.2C 7.2E 7.L006 7.L007	7.3A 7.3C 7.L017	7.L026 7.L027	8.1D 8.1E 8.2C 8.2E 8.L006 8.L007	8.3A 8.3C 8.3E	8.L023 8.L024	FPF.L012 FPF.L013	FPF.4B FPF.L022	

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Rhythms (continued)	6.L013 6.L014											
Safety (ongoing throughout the year)		6.5A 6.5B 6.5C 6.5D 6.5E 6.L016 6.L018	6.7A 6.7B 6.7C		7.4F 7.5A 7.5B 7.5C 7.5D 7.5E 7.L010 7.L011 7.L012	7.6A 7.7A 7.7B 7.7C 7.L025 7.L026		8.4E 8.5A 8.5B 8.5C 8.5D 8.5E 8.6A 8.8A 8.L010 8.L011 8.L012 8.L024	8.7A 8.7B 8.7C 8.7D 8.L022 8.L023		FPF.3A FPF.3B FPF.3C FPF.L014 FPF.L015 FPF.L016 FPF.L017 FPF.L018	FPF.2A FPF.2B FPF.L028 FPF.L029 FPF.L030
Substance Abuse		6.4G 6.4H			7.4I 7.L024			8.4H 8.L021			FPF.3D FPF.5G	
Team Sports	6.1A 6.1B 6.1F 6.1H 6.1I 6.1J 6.1K 6.2A 6.2B 6.2C 6.L001		6.6A 6.6B 6.7D 6.7F 6.L033	7.1A 7.1B 7.1C 7.1F 7.1G 7.2A 7.2C 7.2D 7.2E 7.2F 7.2G	7.3A 7.3B 7.3E 7.L016 7.L017	7.7D 7.7E 7.L026 7.L027	8.1A 8.1B 8.1C 8.1F 8.1G 8.2A 8.2C 8.2D 8.2E 8.2F 8.2G	8.3A 8.3B 8.3C 8.3D 8.3E	8.7E 8.L023 8.L024		FPF.4B FPF.L022	

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Team Sports (continued)	6.L003			7.6B			8.6B					
	6.L004			7.L003			8.L003					
	6.L005			7.L004			8.L004					
	6.L006			7.L005			8.L005					
	6.L007			7.L006			8.L006					
	6.L008			7.L007			8.L007					
	6.L011			7.L009			8.L009					