



Cambridge First Grade PE Year at a Glance (YAG)

Key:
Health/**PE**

First Semester		Second Semester	
1 st Nine Weeks – 40 days		3 rd Nine Weeks – 45 days	
<u>TEKS</u>	<u>Units</u>	<u>TEKS</u>	<u>Units</u>
1.3A 1.8A	Mighty Mule School Theme games (Character is our Game) *partner Card Games (toss and catch)	1.1C 1.3A 1.3C 1.6A 1.8A	Winter Olympics 2018 Go Kids Challenge/New Year's Resolutions
1.1A 1.1D 1.2G 1.4D 1.7ABC 1.7B 1.9ACD 1.10AB	Back to School wellness: *Dress for success/fuel for success (parachute) *Traffic Light Eating, Brainy Breakfast, Phytonutrients (Hoop Mania, Steal the Bacon) *Unplug and Move <ul style="list-style-type: none"> • Read <u>DOT</u> (movement with book) • Siclovia 	1.1G 1.4B 1.4B	Heart/Circulatory System: *Jump Rope for Heart/Hoops for Heart *Function of Heart *Heart Health (When I was dreaming song) *Giving from the Heart
1.1A 1.1A 1.2ABFG 1.3B 1.4AB 1.5AB 1.6B	Muscular System: *aerobic/aerobic (bowling) *3 Components of Fitness *Exploration of different movements with hula hoops (Read <u>Go Dog Go</u>)	1.1BC 1.2C 1.4E 1.7B	Super Bowl
1.1AB 1.2B 1.3BCD 1.4B 1.4BCD 1.6A	*FITT	1.1A 1.2AF 1.5AB	Bike Rodeo King Antonio routine *Tinkling/Drum Fit/Jump rope *Jump Clubs
1.1AB 1.2B 1.3C 1.5A 1.6A 1.7A	Perseverance (Read <u>Wilma Unlimited</u>) *Kids Rock	1.1FG 1.2F 1.3A 1.5A	Kinetic Kids Heroes For Heart Spring stations *Spring Tabatas
1.3A 1.3C 1.3C 1.6A 1.8A	*Tug A War	1.4D 1.8B	STAAR *brainy breakfast (Hoop Mania) *healthy snacks (Steal the Bacon)
1.1F 1.2B 1.3A 1.8A	Dance ("Let's Go") Family Play Date		



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2 nd Nine Weeks – 43 days		4 th Nine Weeks – 45 days	
<u>TEKS</u>	<u>Units</u>	<u>TEKS</u>	<u>Units</u>
1.1B 1.1B 1.4BC 1.4C 1.5B 1.7B 1.3C 1.4B 1.7B 1.1CD 1.3A 1.10B 1.3AB 1.4A 1.4D 1.7A 1.1D 1.1ABD 1.2B 1.1H 1.2A	Halloween *Skeletal System Skeletal Square Dance, Knock Out with stations *Halloween games (Dental Care, Ghost Busters) *Boo Run Diabetes Mule Games/Camp Cambridge/Amazing Race Garden Run Turkey Tango Christmas *Christmas games and Sleigh rides Overhand Throw (Self and Peer Assessment)	1.2B 1.8A 1.4D 1.1B 1.1ABCD 1.8B 1.1F 1.5C 1.1H 1.5DE	Family Play Date My Plate Egg-ercise Track Meet *Indy 500 *4X100 Relay/Blind Handoffs *Hurdles *Steeple Chase Earth Day Cup stacking/Juggling Fun in the Sun *skin protection Power of sun screen game *Water Safety Human Foosball

Rotation Fridays:

Pacer 1.1A, 1.6A

Team Games: 1.1A, 1.2A, 1.3A, 1.6B, 1.7ABC

- Beat Ball Baseball
- GaGa Ball
- Aerobic Kickball
- Team Kickball
- Mat Ball
- Basket/kickball
- Locker Room
- Flag Tag