

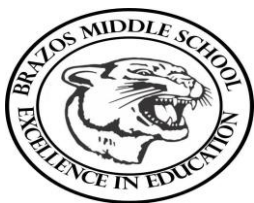
Week: 3rd 6weeks 11/11/24 to 12/20/24	6th Grade Boys PE
Monday: 11/11/24 to 12/20/24	Thursday: 11/11/24 to 12/20/24
TEKS: <ol style="list-style-type: none"> 116.26. b.1(E) - Participate in moderate to vigorous physical activities on a daily basis that develop health-related fitness. 116.26. b.7(A) - Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations. Objective: Weekly Objectives <ul style="list-style-type: none"> Basic Basketball skills: passing, catching, shooting, dribbling, and defense. Proper form and safety in weight training exercises Understanding the connection between strength training and athletic performance Teamwork and sportsmanship in basketball Importance of warm-up, cool-down, and hydration in physical activities TSW... Monday: <ul style="list-style-type: none"> Teach & Drill basic basketball stances and ball handling 	TEKS: 116.26. b.1(E) - Participate in moderate to vigorous physical activities on a daily basis that develop health-related fitness. 116.26. b.7(A) - Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations Objective: Weekly Objectives <ul style="list-style-type: none"> Basic basketball skills: passing, catching, shooting, dribbling, and defense. Proper form and safety in weight training exercises Understanding the connection between strength training and athletic performance Teamwork and sportsmanship in football Importance of warm-up, cool-down, and hydration in physical activities TSW... Thursday: <ul style="list-style-type: none"> Teach & Drill basic basketball stances and ball handling Demonstrate proper form for medicine ball exercises
Tuesday: 11/11/24 to 12/20/24	Friday 11/11/24 to 12/20/24

<div>1. TEKS: 116.26. b.1(E) - Participate in moderate to vigorous physical activities on a daily basis that develop health-related fitness.</div> <div>2. 116.26. b.7(A) - Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations.</div> <div>Objective: Weekly Objectives</div> <div><div>Proper Basketball skills: passing, catching, shooting, dribbling, and defense.</div><div>form and safety in weight training exercises</div><div>Understanding the connection between strength training and athletic performance</div><div>Teamwork and sportsmanship in football</div><div>Importance of warm-up, cool-down, and hydration in physical activities</div><div><div>Tuesday: TSW Teach & Drill basic basketball stances and ball handling</div></div></div>	<div>TEKS:</div> <div>116.26. b.1(E) - Participate in moderate to vigorous physical activities on a daily basis that develop health-related fitness.</div> <div>116.26. b.7(A) - Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations</div> <div>Objective: Weekly Objectives</div> <div><div>Basic basketball skills: passing, catching, shooting, dribbling, and defense.</div><div>Proper form and safety in weight training exercises</div><div>Understanding the connection between strength training and athletic performance</div><div>Teamwork and sportsmanship in football</div><div>Importance of warm-up, cool-down, and hydration in physical activities</div></div> <div>TSW...</div> <div>Play Basketball Games</div>
Wednesday: 11/11/24 to 12/20/24	
<div>TEKS:</div> <div>116.26. b.1(E) - Participate in moderate to vigorous physical activities on a daily basis that develop health-related fitness.</div> <div>116.26. b.7(A) - Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations.</div> <div>Objective: Weekly Objectives</div> <div><div>Basic Basketball skills: passing, catching, shooting, dribbling, and defense.</div><div>Proper form and safety in weight training exercises</div><div>Understanding the connection between strength training and athletic performance</div><div>Teamwork and sportsmanship in football</div><div>Importance of warm-up, cool-down, and hydration in physical activities</div></div>	

ommented [RD1]:

TSW: Wednesday:

- Explain basketball field positions and basic plays
- Introduce resistance band exercises



Teacher: Rodney Dowell