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| **Week: 2**  |  | **6th Grade Boys PE**  |
| **Monday: 8/26/24** |  | **Thursday: 8/29/24** |
| TEKS: 1. 116.26. b.1(E) - Participate in moderate to vigorous physical activities on a daily basis that develop health-related fitness.
2. **116.26. b.7(A) - Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations**.

**Objective:** Weekly Objectives* Basic football skills: passing, catching, and running with the ball
* 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… Monday:**
	+ **Teach & Drill basic football 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* Basic football skills: passing, catching, and running with the ball
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* **TSW…**  Thursday:
	+ Teach blocking and tackling techniques (with safety emphasis)
	+ Demonstrate proper form for medicine ball exercises
 |
| **Tuesday: 8/27/24** |  | **Friday 8/30/24** |
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* **TSW…**  Tuesday:
	+ Demonstrate proper passing and catching techniques
	+ Teach proper form for dumbbell exercises
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**TSW…** **Play Flag Football or Cougar Ball on Game Field** |
| **Wednesday: 8/28/24** |  |  |
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* Importance of warm-up, cool-down, and hydration in physical activities
* **TSW:** Wednesday:
	+ Explain football field positions and basic plays
	+ Introduce resistance band exercises
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Teacher: Rodney Dowell