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| **Week: 4** |  | **6th Grade Boys PE**  |
| **Monday: 9/2/24 – NO SCHOOL - HOLIDAY** |  | **Thursday: 9/5/24** |
|  | **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
* 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:
	+ Teach blocking and tackling techniques (with safety emphasis)
	+ Demonstrate proper form for medicine ball exercises
 |
| **Tuesday: 9/3/24** |  | **Friday 9/6/24** |
| * 1. TEKS: 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
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* Importance of warm-up, cool-down, and hydration in physical activities
* **TSW…**  Tuesday:
	+ Demonstrate proper passing and catching techniques
	+ Teach proper form for dumbbell exercises
 | **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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* Importance of warm-up, cool-down, and hydration in physical activities

**TSW…** **Play Flag Football or Cougar Ball on Game Field** |
| **Wednesday: 9/4/24** |  |  |
| 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
* 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:** Wednesday:
	+ Explain football field positions and basic plays
	+ Introduce resistance band exercises
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Teacher: Rodney Dowell