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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 * 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…**  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 * 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…**  **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 | |  |



Teacher: Rodney Dowell