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| High School P.E. 6-Week Snapshot  |
| 2nd\_\_ Six Weeks |
| Unit | Topic | TEKS/Learning Target |
|  Touch Football | Running, jumping, throwing, catching, blocking, game | 2A, 2B, 3B, 3C, 4B, 4C, 4D, 5A, 5B  |
| Warm – Up  | Lateral lungeForward lungeSumo-squat  | 1A, 1B, 4A, 4C, 5C |
| Mile Run & Walk | 4 laps on TrackRun or Jog curvesWalk straights  | 4D, 4E, 5A, 5C, 5D, 5F, 5G, 5B |