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| High School P.E. 6-Week Snapshot  |
| 5th\_ Six Weeks |
| Unit | Topic | TEKS/Learning Target |
|  Ultimate Frisbee | Throwing, catching, rules | 1B, 2A, 2B, 3C, 4B |
| Warm – Up  | Lateral lunge, Forward lunge, Sumo, Stretches | 1A, 1B, 4A, 4C, 5C |
| Mile Run & Jog | Run straights Run or Jog curves as much as student can | 4D, 4E, 5A, 5B, 5C, 5D, 5F, 5G |
| Pushups/Situps | 3x15 reps / 3x25 reps | 4D, 4E, 5A, 5B, 5C, 5D, 5F, 5G |
| FitnessGram | 2nd Attempt |  |