



Challenge Course is aligned to Physical Education TEKS for Kindergarten through Grade 5.

Kindergarten, Physical Education

- **Movement.** The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
 - K.1A travel in different ways in a large group without bumping into others or falling;
 - K.1B demonstrate clear contrasts between slow and fast movement when traveling;
 - K.1C demonstrate non-locomotor (axial) movements such as bend and stretch;
 - K.1D maintain balance while bearing weight on a variety of body parts;
 - K.1E walk forward and sideways the length of a beam without falling;
 - K.1F demonstrate a variety of relationships such as under, over, behind, next to, through, right, left, up, down, forward, backward, and in front of;
- (2) **Movement.** The student applies movement concepts and principles to the learning and development of motor skills.
 - K.2B demonstrate movement forms of various body parts such as head flexion, extension, and rotation.
- (3) **Physical activity and health.** The student exhibits a health enhancing, physically-active lifestyle that improves health and provides opportunities for enjoyment and challenge.
 - K.3A describe and select physical activities that provide opportunities for enjoyment and challenge;
 - K.3B participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration;
 - K.3D lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping; and
- (5) **Physical activity and health.** The student understands safety practices associated with physical activity and space.
 - K.5A use equipment and space properly;
 - K.5B know and apply safety practices associated with physical activity such as not pushing in line and drinking water during activity;
 - K.5C explain how proper shoes and clothing promotes safe play and prevent injury;
- (6) **Social development.** The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.
 - K.6A respond appropriately to starting and stopping signals; and
 - K.6B demonstrate the ability to play within boundaries during games and activities.
- (7) **Social development.** The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.
 - K.7A follow rules, procedures, and safe practices;
 - K.7B work in a group setting in cooperation with others; and
 - K.7C share space and equipment with others.



First Grade, Physical Education

- (1) **Movement.** The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms. The student is expected to:
 - 1.1A demonstrate an awareness of personal and general space while moving at different directions and levels such as high, medium, and low;
 - 1.1B demonstrate proper foot patterns in hopping, jumping, skipping, leaping, galloping, and sliding;
 - 1.1C demonstrate control in balancing and traveling activities;
 - 1.1D demonstrate the ability to work with a partner such as leading and following;
- (2) **Movement.** The student applies movement concepts and principles to the learning and development of motor skills. The student is expected to:
 - 1.2A recognize that motor skill development requires correct practice; and
 - 1.2B demonstrate a base of support and explain how it affects balance.
- (3) **Physical activity and health.** The student exhibits a health-enhancing, physically-active lifestyle that improves health and provides opportunities for enjoyment and challenge. The student is expected to:
 - 1.3A describe and select physical activities that provide opportunities for enjoyment and challenge;
 - 1.3D lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping
- (5) **Physical activity and health.** The student knows and applies safety practices associated with physical activities. The student is expected to:
 - 1.5A use equipment and space safely and properly;
 - 1.5B describe the importance of protective equipment in preventing injury such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing;
- (6) **Social development.** The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics. The student is expected to:
 - 1.6A demonstrate starting and stopping signals; and
 - 1.6B explain boundaries and rules for simple games.
- (7) **Social development.** The student develops positive self-management and social skills needed to work independently and with others in physical activity settings. The student is expected to:
 - 1.7A follow directions and apply safe movement practices;
 - 1.7B interact, cooperate, and respect others; and
 - 1.7C resolve conflicts in socially acceptable ways such as talking and asking the teacher for help.



Second Grade, Physical Education

- **Movement.** The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms. The student is expected to:
 - 2.1A travel independently in a large group while safely and quickly changing speed and direction;
 - 2.1C combine shapes, levels, and pathways into simple sequences;
 - 2.1D demonstrate mature form in walking, hopping, and skipping;
 - 2.1E demonstrate balance in symmetrical and non-symmetrical shapes from different basis of support;
 - 2.1F demonstrate a variety of relationships in dynamic movement situations such as under, over, behind, next to, through, right, left, up, or down;
 - 2.1G demonstrate simple stunts that exhibit personal agility such as jumping-one and two foot takeoffs and landing with good control;
- (2) **Movement.** The student applies movement concepts and principles to the learning and development of motor skills. The student is expected to:
 - 2.2A recognize that attention to the feeling of movement is important in motor skill development; and
 - 2.2B identify similar movement concepts and terms in a variety of skills such as straddle position, ready position, and bending knees to absorb force.
- (3) **Physical activity and health.** The student exhibits a health enhancing, physically-active lifestyle that improves health and provides opportunities for enjoyment and challenge. The student is expected to:
 - 2.3A describe and select physical activities that provide opportunities for enjoyment and challenge;
 - 2.3B participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration;
 - 2.3C participate in appropriate exercises for flexibility in shoulders, legs, and trunk; and
 - 2.3D lift and support his/her weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.
- (5) **Physical activity and health.** The student knows and applies safety practices associated with physical activities. The student is expected to:
 - 2.5A use equipment and space safely and properly;
 - 2.5B select and use appropriate protective equipment in preventing injuries such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing;
 - 2.5C list the effects the sun has on the body and describe protective measures such as sunscreen, hat, and long sleeves;
- (6) **Social development.** The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics. The student is expected to:
 - 2.6A identify goals to be accomplished during simple games such as not getting tagged; and



- 2.6B identify strategies in simple games and activities such as dodging to avoid being tagged.
- (7) **Social development.** The student develops positive self-management and social skills needed to work independently and with others in physical activity settings. The student is expected to:
 - 2.7A display good sportsmanship; and
 - 2.8B treat others with respect during play.

Third Grade, Physical Education

- **Movement.** The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms. The student is expected to:
 - 3.1A travel in forward, sideways, and backwards and change direction quickly and safely in dynamic situations;
 - 3.1B demonstrate proper form and smooth transitions during combinations of fundamental locomotor and body control skills such as running and jumping safely in dynamic situations;
 - 3.1D demonstrate moving in and out of a balanced position with control;
- (2) **Movement.** The student applies movement concepts and principles to the learning and development of motor skills. The student is expected to:
 - 3.2A identify similar positions in a variety of movements such as straddle positions, ready position, and bending knees to absorb force; and
 - 3.2B know that practice, attention and effort are required to improve skills.
- (3) **Physical activity and health.** The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge. The student is expected to:
 - 3.3A describe and select physical activities that provide for enjoyment and challenge;
 - 3.3B participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration;
 - 3.3C participate in appropriate exercises for developing flexibility;
 - 3.3D lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping; and
 - 3.3E identify opportunities for participation in physical activity in the community such as little league and parks and recreation.
- (5) **Physical activity and health.** The student understands and applies safety practices associated with physical activities. The student is expected to:
 - 3.5A use equipment safely and properly;
 - 3.5B select and use proper attire that promotes participation and prevents injury;
- (6) **Social development.** The student understands basic components such as strategies and rules of structured physical activities including but not limited to, games, sports, dance, and gymnastics. The student is expected to:
 - 3.6A identify components of games that can be modified to make the games and participants more successful; and



- 3.6B explain the importance of basic rules in games and activities.
- (7) **Social development.** The student develops positive self-management and social skills needed to work independently and with others in physical activity settings. The student is expected to:
 - 3.7A follow rules, procedures, and etiquette;
 - 3.7B persevere when not successful on the first try in learning movement skills; and
 - 3.7C accept and respect differences and similarities in physical abilities of self and others.

Fourth Grade, Physical Education

- **Movement.** The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms. The student is expected to:
 - 4.1A demonstrate changes in speed during straight, curved, and zig zag pathways in dynamic situations;
 - 4.1D jump and land for height and distance using key elements for creating and absorbing force such as bending knees, swinging arms, and extending;
 - 4.1E perform sequences that include traveling, showing good body control combined with stationary balances on various body parts;
 - 4.1F demonstrate body control in jumping and landing such as land on feet, bend knees, and absorb force;
 - 4.1G transfer weight along and over equipment with good body control;
 - 4.1H create a movement sequence with a beginning, middle, and end;
- (2) **Movement.** The student applies movement concepts and principles to the learning and development of motor skills. The student is expected to:
 - 4.2B identify ways movement concepts such as time, space, effort, and relationships can be used to refine movement skills;
 - 4.2C make appropriate changes in performance based on feedback; and
 - 4.2D describe key elements of mature movement patterns of throw for distance or speed such as catch, kick, strike, and jump.
- (3) **Physical activity and health.** The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge. The student is expected to:
 - 4.3A describe and select physical activities that provide for enjoyment and challenge;
 - 4.3D improve flexibility in shoulders, trunk, and legs;
 - 4.3E participate in activities that develop and maintain muscular strength and endurance; and
 - 4.3F identify opportunities for participation in physical activity in the community such as little league and parks and recreation.
- (5) **Physical activity and health.** The student understands and applies safety practices associated with physical activities. The student is expected to:
 - 4.5A use equipment safely and properly;
 - 4.5B select and use proper attire that promotes participation and prevents injury;
 - 4.5D identify potential risks associated with physical activities



- (6) **Social development.** The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics. The student is expected to:
 - 4.6A distinguish between compliance and noncompliance with rules and regulations; and
 - 4.6B analyze potential risks associated with unsafe movement and improper use of equipment.
- (7) **Social development.** The student develops positive self-management and social skills needed to work independently and with others in physical activity settings. The student is expected to:
 - 4.7A follow rules, procedures, and etiquette;
 - 4.7C work independently and stay on task; and
 - 4.7D demonstrate effective communication, consideration and respect for the feelings of others during physical activities such as encourage others, allow others equal turns, and invite others to participate.

Fifth Grade, Physical Education

- (1) **Movement.** The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms. The student is expected to:
 - 5.1C demonstrate attention to form, power, accuracy, and follow-through in performing movement skills;
 - 5.1D demonstrate controlled balance on a variety of objects such as balance board, stilts, scooters, and skates;
 - 5.1E demonstrate simple stunts that exhibit agility such as jumping challenges with proper landings;
 - 5.1G combine weight transfer and balance on mats and equipment;
- (3) **Physical activity and health.** The student exhibits a health-enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge. The student is expected to:
 - 5.3C explain the value of participation in community physical activities such as little league and parks and recreation.
- (5) **Physical activity and health.** The student understands and applies safety practices associated with physical activities. The student is expected to:
 - 5.5A use equipment safely and properly;
 - 5.5B select and use proper attire that promotes participation and prevents injury;
 - 5.5C describe the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing injuries during physical activity; and
- (7) **Social development.** The student develops positive self-management and social skills needed to work independently and with others in physical activity settings. The student is expected to:
 - 5.7A follow rules, procedures, and etiquette;