

## Physical Education TEKS Review Proposed Framework

Work Group A met in September 2019. The work group was charged with expanding on the framework recommended by the content advisors. Proposed deletions to the framework are shown in red font with strikethroughs (~~deletion~~). Additions are shown in green font with underlines (addition).

The work group also identified where student expectations from the current TEKS would fit in the proposed framework. Work Group A categorized the current student expectations from all grade levels and courses into one of the following grade bands: K–2, 3–5, 6–8, and high school. Abbreviations used for high school course are Adventure/Outdoor Education (AOE); Aerobic Activities (AA); Foundations of Personal Fitness (FPF); Individual Sports (IS); and Team Sports (TS).

[Movement patterns/movement skills](#)

[Social and emotional health](#)

[Performance strategies](#)

[Lifetime wellness](#)

[Health and physical activities/fitness](#)

<b>Movement patterns/movement skills</b>	<b>Substrands</b>	<b>Topics</b>	<b>K-2</b>	<b>3-5</b>	<b>6-8</b>	<b>HS</b>
	Locomotor skills	Hopping, galloping, running, sliding, skipping, and leaping	1.1.B, 1.1.C, 2.1.D	3.1.C	6.1A	
		Jumping and landing		4.1.D, 4.1.F		
		Combinations of locomotor, non-locomotor, and manipulatives		3.1.B		AOE.1A
		Speed, Force		5.1.C	7.1C, 8.1C	
	Non-locomotor skills (balance)	Balance and weight transfer	K.1.D, 1.1.D, 1.2.B, 2.1.E	3.1.D, 5.1.D		
		Bending, stretching, twisting, and curling	K.1.C, K.3.C			
		Combinations of locomotor, non-locomotor, and manipulatives		4.1.C, 5.1.B, 5.2.A		AOE.1A
	Rhythm and dance	Patterns	1.1.E, 2.1.K	3.1.H	7.1D, 8.1D	
		Beat/tempo/rhythm	1.1.D, 2.1.J	5.1.H	6.1D	
		Mirroring/following/leading	1.1.F, 2.1.L	3.1.I, 4.1.H, 4.1.I, 5.1.I		
		Combinations	K.1.A, 1.1.A, 2.1.A		6.1C, 7.1D, 8.1D, 7.1E, 8.1E	

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	<b>Substrands</b>	<b>Topics</b>	<b>K-2</b>	<b>3-5</b>	<b>6-8</b>	<b>HS</b>
<b><i>Movement patterns/movement skills, cont.</i></b>	Spatial/body awareness	Space	1.1.A, 2.1.A	3.1.A, 4.1.A, 5.1.A		
		Pathways, shapes, and levels	K.1.B, 2.1.A	4.2.B	6.1B	
		Speed, direction, and force	K.1.F, K.1.G, 2.1.C		7.1C, 8.1C, 7.2F, 8.2F	
		Combinations	1.1.H, 2.1.N	3.1.J, 4.1.K, 5.1.K	6.2B, 6.2C	AOE.1A
	Manipulative skills	Throwing	K.1.H, 1.1.H, 2.1.N	3.1.J, 4.1.K, 5.1.K	6.1F, 6.1K	
		Catching	2.1.N	3.1.J, 4.1.K, 5.1.K	6.1K	
		Dribbling	2.1.N	3.1.J, 4.1.K, 5.1.K	6.1I	
		Kicking/punting	2.1.N	3.1.J, 4.1.K, 5.1.K		
		Volleying	2.1.N	3.1.J, 4.1.K, 5.1.K	6.1J	
		Striking	1.1.G, 2.1.M	4.1.J, 5.1.J	6.1G, 6.1H	
		Jumping rope		4.1.B, 4.1.C, 5.1.L, 5.2.A	6.1E	
		Combinations of locomotor, non-locomotor, and manipulatives		4.2.D	6.1J	AOE.1A
	Speed, Force			7.1C, 8.1C		

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	Substrands	Topics	K-2	3-5	6-8	HS	
<b>Performance strategies</b>	Games/ <del>Sports/Activities (strategies and tactics)</del> [Rationale: The strategies/tactics belong as a topic and not a referenced parentheses in the sub-strand because it's a more detailed topic.]	Invasion/Target/Net Wall/Fielding/Striking/Cooperative		5.6.A			
		Chasing/Fleeing/Tag	2.1.B				
		Strategies/Tactics/Practice and performance	2.6.B	3.6.A, 4.2.A	7.1A, 8.1A, 7.1B, 8.1B, 7.2A, 8.2A, 7.2F, 8.2F, 7.2G, 8.2G, 7.6B, 8.6B, 8.7C	AOE..1B, AA.2B, IS2B, TS.1A, TS.1B, IS.1A, IS.1B, TS.2B	
		Rules/Terminology/Safety	K.5.A, K.5.E, K.7.A, 2.5.B	4.5.D, 4.6.A	6.6A, 6.7A, 7.5A, 8.5A. 7.6A, 8.6A	FPP.2A, AOE.4E, AOE.4F, AA.1B, IS.3C, IS.3D, TS.3C, TS.3D, TS.6B	
		Combinations of skills (and transfer)			7.1A, 8.1A, 7.1F, 8.1F, 7.1G, 8.1G, 7.2B, 8.2B	AA.1A, AA.1B, IS.1A, IS.1B, TS.1A, TS.1B	
	<del>Sports activities (strategies and tactics)</del> [Rationale: to better align with the National Standards and combining with games above. Terminology needs to be consistent across.]	Added to above substrand					
	Outdoor and Recreational activities	Safety					AOE.4D, AOE.4E, AOE.4F
		Outdoor skills				7.1H, 8.1H	AOE.1A, AOE.1B, AOE.1C, AOE.2C, AOE.4A
		Adventure skills				7.7B, 8.7B	AOE.1A, AOE.1B, AOE.1C, AOE.2C
		Social interaction					

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	Substrands	Topics	K-2	3-5	6-8	HS
<b>Health and physical activities/fitness</b>	Physical fitness knowledge (health-related fitness and <span style="color: green;">skill</span> <span style="color: red;">sports</span> -related fitness)	Skill/Mechanics		3.4.D		FPF.1B
		Fitness principles	K.3.B, K.4A, 1.3B, 2.3.B	3.3.B, 3.4.B, 3.5.D, 4.4.B, 5.3.A, 5.4.D	6.3B, 6.3C, 6.4A, 6.4B, 6.4C, 6.4D, 6.5C, 7.3C, 8.3E, 7.4A, 8.4A, 7.4C, 7.4F, 8.4E, 7.4G, 7.5C, 8.5C, 7.D, 8.5D, 8.3G, 8.4B	FPF.1A, FPF.1B, FPF.4A, FPF.4B, FPF.4D, FPF.4F, FPF.4D, AOE.3E, AOE.4A, AOE.4C, IS.4F, TS.4F, TS.5A
		Anatomy & Physiology	*K.2.A (Health), *K.4.B, *1.4.B, *1.4.C, *2.4.A, *2.4.B	*4.4.D, *5.4.A, *5.4.E, *5.4.H, *5.4I	6.4D, 7.4B, 8.4C, 8.3G, 8.4B	FPF.3C
		Components	K.3.C, K.3.D, 1.3.C, 1.3.D, 2.3.C, 2.3.D	3.3.C, 3.3.D, 4.3.B, 4.3.E, 5.4.C		FPF.4C, FPF.4D, FPF.4F
		Fitness Programs				FPF.4G, AOE.1C, AOE.2B, AOE.3D, AOE.4B, AA.2C, AA.3C, IS.2C, IS.4E, TS.2C, TS.4E
	Personal assessment and program planning ( <span style="color: red;">for goal-setting</span> ) [Rationale: We think by moving, it gives more clarification for students as a topic, now it's a specific topic rather than sub-strand.]	Analyze (data, performance, goals)		4.4.C, 5.3.B	6.3C, 7.2C, 8.2C, 7.2D, 8.1D, 7.3D, 8.3H, 7.4D, 7.5D, 8.5D	FPF.4E, AO.E3B, AA.2B, AA.2D, AA.3B, AA.3C, AA.3D, AA.5A, IS.2D, IS.4B, IS.4C, IS.4D, IS.6A, TS.2D, TS.4B, TS.4D, TS.7A
		Design				FPF.4G, AA.2C, AA.3E, IS.2C, TS.2C, TS.4E
		Implement				FPF.4G
		Monitor		4.4.A	6.3C	FPF.4E, AOE.3F, TS.2E

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	Substrands	Topics	K-2	3-5	6-8	HS
<b>Health and physical activities/fitness, cont.</b>	Nutrition	Correlation between food and energy	1.4.D, 2.4.D	4.4.E	6.4F, 7.4E, 8.4D, 7.4H, 8.4G	FPF5.D, PPF.5E, PPF.5F, TS.5B
		Healthy and unhealthy foods	2.4.C	5.4.F		
		Hydration				FPF3C
		Nutritional replacements and supplements			*6.4G (Health TEKS), 7.4I, 8.4H	*FPF.3D (Health TEKS), *AA.3H (Health TEKS), *IS.4G (Health TEKS), TS.5C* (Health TEKS)
	Technology	Personal Tracking (fitness, assessment, nutrition)		4.4.A, 5.4.B	7.3E, 8.3I	AA.3G
		Monitoring and Evaluating performance			7.3E, 8.3I	AOE.3F, AA.3G
	Environmental awareness/ <del>environmental</del> and safety <u>practices</u> <del>(and how it can lead to disease)</del> [Rationale: In order to provide a more concise terminology for the topics. The disease related aspects would be discussed under the sub topics.]	Sun/Bike/Aquatics/Air quality Safety/pedestrian	K.5.D, 1.5.B, 1.5.C, 1.5.D, 2.5.B, 2.5.C, 2.5.D, 2.5.E	3.5.C, *4.5.C	6.5E, 7.5E, 8.5E	FPF.5D, PPF.5E, PPF.5F
		Proper Attire & Equipment Safety	K.5.C, 1.5.A, 2.5A	3.5.A, 3.5.B, 4.5.A, 4.5.B, 5.5.B	6.5A, 6.5B, 7.5A, 8.5A., 7.5B, 8.5B	AOE.4E, AOE.4F AA.4D, IS.5B, IS.5C
		Injury Preventions			6.5 C, 6.5D, 7.5B, 8.5B, 7.5C, 8.5C	FPF.3A, PPF.3B, AA.4A, AA.4D, AA.5D, IS.5A, IS.5C, IS.6D, TS6.A, TS.7D
		Personal responsibility		5.5.C	*6.4H (Health)	IS.6E
	<del>Anatomy and physiology</del> [Rationale: This sub-strand fits better as a topic under the Fitness components based on the principle components in health-related fitness.]	*Removed this sub-strand				
	<del>Injury prevention</del> [Rationale: This sub-strand fits better as a topic under the environmental awareness and safety practices.]	*Removed this sub-strand				

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	Substrands	Topics	K-2	3-5	6-8	HS
<b>Social and emotional health</b>	Sportsmanship ( <del>rules and etiquette, cooperation, conflict resolution, collaboration, problem-solving</del> ) [Rationale: Move these to be the topics, not the sub-strand.]	Protocols and Etiquette	K.5.A, K.5.E, K.6A, K.6B, 1.6.A, 1.6.B, 1.7.A, 1.7.B, 2.5.A, 2.5.B, 2.7.B	3.7.A, 4.6.A, 4.7.A, 4.7.A, 4.7.B, 4.7.D, 5.5.A, 5.7.A	6.7C, 6.7E, 7.6A, 8.6A	FPF.2A, AA.4B, AA.4C, AA.5B, IS.3A, IS.5B, IS.6B, IS.6C, TS.3A, TS.7B, TS.7E
		Cooperation	K.7.B, K.7.C, 1.7.B, 2.7.B	3.7.C, 5.6.B	6.7D, 7.7B, 8.7B, 7.7C, 8.7D	IS.3B, TS.3B
		Conflict Resolution	1.7.C	5.7.B	6.7B	FPF.2B
		Collaboration		5.7.C		
		Problem-solving			6.7A, 8.7A	
	<u>Self-efficacy (new substrand)</u> <del>Reinforce positive character traits (refer to list in HB 1026, 86th Legislative Session)</del> [Rationale: These are covered under the sub-strand for sportsmanship.]	Perseverance		3.7.B	6.2A, 6.7E	
		Accepting and providing constructive feedback		4.2.C	6.2B, 7.2E, 8.2E 7.7D, 8.7E	AOE.2A, AA.2A, IS.2A, TS.2A
		Acceptance of self and others		3.7.C	6.4I	FPF.4D, AA.5B, AA.5C, IS.6B, IS.6C, TS.2E, TS.7C
		Problem-solving			7.7A, 8.7A	AOE.2A
	<del>Accepting and providing constructive feedback</del> [Rationale: These are covered under the sub-strand for sportsmanship.]					
		*Removed this sub-strand				
	<del>Safety/personal responsibility (sports enhancements and supplements)</del> [Rationale: Redundant and streamlined into other substrands]					
		*Removed this sub-strand				

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	Substrands	Topics	K-2	3-5	6-8	HS	
<b>Lifetime wellness</b>	<del>Balance of other strands to choose a lifetime of healthy living</del> [Rationale: Covered in other substrands within lifetime wellness]	*Removed this sub-strand					
	<del>Self-expression and enjoyment</del> [Rationale: Combining in to one substrand with several topics]	*Removed this sub-strand					
	<del>Health benefits and self-selected physical activities</del> [Rationale: Combining into one substrand with several topics]	*Removed this sub-strand					
	Application of lifetime wellness	Consumer awareness				6.4H, 6.4I	FPF.4H
		Self-expression, enjoyment and challenge	K.3.A, 1.3.A, 2.3.A	3.3.A		7.3B, 8.3D, 8.3A	FPF.5A, AOE.3C, AA.3A, IS.4A, TS.4A, TS.4D
		Health related benefits	1.4.A, 2.4A		3.4.A, 4.4.F	6.3C, 7.4A, 8.4A, 7.4G, 8.4F	FPF.4A, FPF.5B, FPF.5G, IS.4E, TS.4C
		Social interaction				7.7E	
		Community engagement			3.3.E, 4.3.A, 4.3.F, 5.3.C	6.3A, 8.3B	TS.6C
		Values and engages in physical activity				6.3A, 6.3B, 7.3B, 8.3C, 7.3C, 8.3B, 8.3E, 8.3F	FPF.4B, FPF.5A, AOE.3A, TS.6D