

6th, 7th, 8th Grade
PHYSICAL EDUCATION



1st Six Weeks

Pre-Test

Volleyball Skills Unit

4 weeks

1. Passing
2. Serving
3. Setting
4. Attacking

Flag football unit:

- 1, Rules/Position
2. Passing
3. Catching
4. Kicking

TEKS: 116.241F

2 weeks:

Modified Volleyball-Football Tournament
Using basic skills listed Above.

Six Weeks Test

Written Volleyball Test
Volleyball Skills Test
Written Football Test
Football Skills Test

2nd Six Weeks

Pre-Test

Large Group Games

1. Mat ball
2. Kick ball/Basketball
3. Homerun kickball
4. Balloon games

TEKS:116.22

1K, 7 A & B

Six Weeks Test

Written Kick ball test.



3rd Six Weeks

Pre-Test

Basketball Skills Unit

4 weeks

1. Dribbling
2. Passing
3. Shooting Form
4. Offense
5. Defense

TEKS: 116.241F

2 weeks:

Basketball
Tournament

Six Weeks Test

Written Basketball
Test
Basketball Skills
Test

4th Six Weeks

Pre-Test

Floor Hockey Unit

1. Rules/Positions
2. Penalties
3. Offense
4. Defense

TEKS:116.24

1B&2G

Six Weeks Test Written Hockey Test Skills Test

5th Six Weeks

Pre-Test

Track Weightlifting Unit

3 days a week:

1. Sprints
2. Distance
3. Field Events
4. Fitness testing

2 days a week:

Weightlifting with
a partner:
High rep/ low wts.

TEKS:116.23-4F

TEKS:116.224D

Six Weeks Test

Written Track
Test
Weightlifting
Skills Test

6th Six Weeks

Pre-Test

Soccer Skills Unit

3 weeks:

1. Rules/Positions
2. Juggling
3. Passing
4. Heading
5. Goalkeeping

TEKS: 116:246B

Racquet Sports
3 weeks:

1. Rules
2. Grip
3. Forehand
4. Backhand
5. Overhead
6. Serve

TEKS:116.221G

Six Weeks Test
Written Soccer
Test
Racquet Skills Test