



# Dive into Digital!

## Guided Tour for Texas Educators



# Student and Instructor Resources for Physical Education



100% TEKS



[www.g-w.com/texas](http://www.g-w.com/texas)

# Guided Tour for Texas Educators

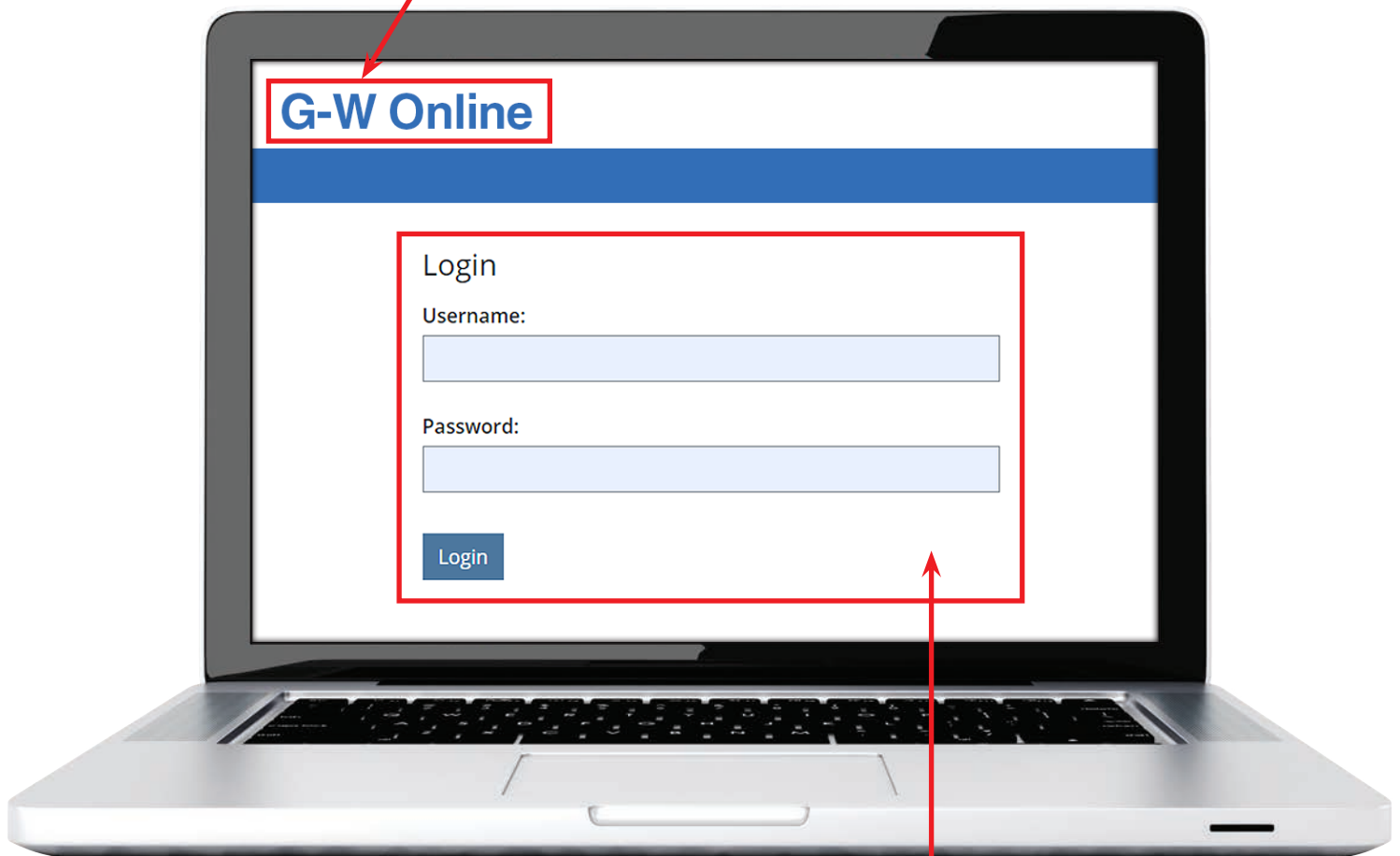
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**Meets 100%  
of the TEKS for  
Lifetime Fitness &  
Wellness Pursuits**

Follow these simple steps to get started.

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## My Bookshelf

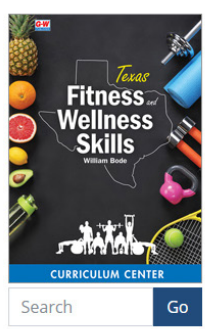
My Bookshelf contains your teacher review materials.

### Subscriptions



### Texas Fitness and Wellness Skills Curriculum Center

Start Date: Mar 31, 2021  
End Date: Mar 31, 2022



### Texas Fitness and Wellness Skills Curriculum Center

Welcome to the Curriculum Center! Texas Fitness and Wellness Skills Curriculum Center provides all the tools needed to prepare you for teaching success. In the classroom setting, remote learning environment, or blended learning, we have you covered.

#### Table of Contents



TEKS/GLOs



Curriculum Planning



Modules



Exercise Video Library



Task Card Library



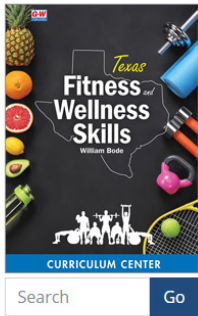
Fitness Activities

## Your Subscriptions

In this example, teachers have access to:

- TEKS/GLOs
- Curriculum Planning
- Modules
- Exercise Video Library
- Task Card Library
- Fitness Activities

# Texas Essential Knowledge and Skills (TEKS) standards and SHAPE America Grade-Level Outcomes (GLOs)



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**Quick-Click TEKS and GLOs Access**



## Goodheart-Willcox Publisher

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#### Correlation of Texas Fitness and Wellness Skills ©2023

to the Texas Essential Knowledge and Skills, Lifetime Fitness and Wellness Pursuits

Standard 1A: apply physiological and fitness principles related to exercise and training, including warm-up and cool-down, overload, frequency, intensity, time, and specificity; and

Breakout	Narrative	Activity
(i) apply physiological principles related to exercise, including warm-up	Curriculum Center Location: <a href="#">Page 3, Module 6, Student Lesson 6.1: Building Your Workouts, "What Is the Best Way to Warm Up?" section</a>	Curriculum Center Location: <a href="#">Pages 1-2, Module 6, Lesson 6.1: Building Your Own Workout: Warm-Ups and Cool Downs, Part 1 and Reflection Questions sections</a>  <a href="#">Page 1, Module 6, Lesson 6.1: Building Your Own Workout: Warm-Ups and Cool Downs, Part 1 and Reflection Questions sections</a>  <a href="#">Pages 2-3, Module 5, Lesson 5.1: Building Your Own Workout: Warm-Ups and Cool Downs, Part 1 and Reflection Questions sections</a>

**Standard and Student Expectation**

**Click the page number to view the information that correlates to the TEKS and GLOs.**



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#### Correlation of Texas Fitness and Wellness Skills ©2023 to the Society of Health and Physical Educators Grade-Level Outcomes

Standard S1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

#### Breakout H1: Lifetime activities

Level	Narrative	Activity
(L1) Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net-wall games or target games).	Curriculum Center Location: <a href="#">Pages 5-6, Module 8, Student Lesson 8.2: Physical Literacy Across the Lifespan, "Middle Adulthood" section</a>	Curriculum Center Location: <a href="#">Module 8, Lesson 8.2 Handout: Middle Adulthood Exit Ticket</a>  <a href="#">Page 2, Module 8 Review and Assessment, Lesson 8.2 Handout: Review and Reflection Questions, #7</a>
(L2) Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games).	Curriculum Center Location: <a href="#">Pages 5-6, Module 8, Student Lesson 8.2: Physical Literacy Across the Lifespan, "Middle Adulthood" section</a>	Curriculum Center Location: <a href="#">Module 8, Lesson 8.2 Handout: Middle Adulthood Exit Ticket</a>  <a href="#">Page 2, Module 8 Review and Assessment, Lesson 8.2 Handout: Review and Reflection Questions, #7</a>


#### Breakout H2: Dance and rhythms

Level	Narrative	Activity
(L1) Demonstrates competency in in dance forms used in cultural and social occasions (e.g., weddings, parties), or demonstrates competency in 1 form of dance (e.g., ballet, modern, hip hop, tap).	Curriculum Center Location:	Curriculum Center Location:

# Curriculum Planning

The Curriculum Planning section of the Curriculum Center includes all of the instructor resources you will need to implement this curriculum in your course.

**Texas Fitness and Wellness Skills Curriculum Center**



## Curriculum Planning

Physical education is taught in varying time frames such as a semester, full year, or other time block. To address your individual teaching needs, we offer *Course Planning Guides*. You select the guide suited for your class and take the stress out of planning. In addition, resources are provided to assist as you plan your daily classes.

- [About the Author](#)
- [Navigating Your Resources](#)
- [Implementing the Pacing Guides](#)
- [9-Week Course Planning Guide](#)
- [18-Week Course Planning Guide](#)
- [36-Week Course Planning Guide](#)
- [Grading Practices](#)
- [Warm-Up Options](#)
- [Cool Down Options](#)
- [Self-Selected Activities](#)
- [Teacher-Directed Activity: Health-Related Fitness Assessment](#)
- [Handout: Health-Related Fitness Self-Assessment Monitoring Sheet](#)
- [Physical Education Class Notes Template](#)

**Planning Guides**

Choose from 9, 18, or 36 weeks.

**Curriculum Planning**

You're one click away from these time-saving resources!

# Modules

Eight unique modules of instructional content and student materials lay the foundation for a lifetime of physical literacy. Each module contains the following resources: detailed lesson plans; comprehensive answer keys; presentations for PowerPoint®; lesson materials for students and instructors; and review and assessment, including vocabulary practice, pretests, and posttests.

Texas Fitness and Wellness Skills Curriculum Center



## Modules

Prepare to teach. To make teaching easier than ever, this curriculum is organized by lesson. Everything you need is ready to go. Each lesson contains a key, student lesson, teacher-directed activities, and more. Included in each module are editable PowerPoint presentations with formative and summative review and assessment. Activities are available for downloading, editing, and printing. All module materials can be integrated with and edited in Google Apps or Microsoft apps.

### Module 1: Preparing for a Physical Activity

#### Resources

- [Module 1 Lesson Plans](#)
- [Module 1 Answer Key](#)

#### Presentations

- [Module 1 Presentation for PowerPoint](#)
- [Module 1 Instructor's Presentation](#)

### Lesson 1.1: Developing Physical Literacy

- LO 1.1-1 Explain how developing physical literacy can lead to overall physical fitness and wellness.
- LO 1.1-2 Identify factors that affect wellness and analyze how they are connected to overall well-being.
- LO 1.1-3 Identify the benefits of engaging in regular physical activity for life.

- [1.1 Student Lesson: Developing Physical Literacy](#)
- [1.1 Teacher-Directed Activity: Physical Literacy Relay](#)
- [1.1 Handout: Physical Fitness and Wellness Exit Ticket](#)
- [1.1 Handout: Physical Benefits of Physical Activity Exit Ticket](#)
- [1.1 Handout: Mental and Emotional Benefits of Physical Activity Exit Ticket](#)
- [1.1 Handout: Social Benefits of Physical Activity Exit Ticket](#)
- [1.1 Teacher-Directed Activity: Cross-the-River Vocabulary Review](#)
- [1.1 Handout: Benefits of Physical Activity Matching](#)

### Lesson 1.2: Building Physical Literacy Skills

- LO 1.2-1 Identify physical literacy skills.
- LO 1.2-2 Describe the benefits of developing problem-solving skills.
- LO 1.2-3 Explain the impact of communication on the development of social and emotional well-being.
- LO 1.2-4 Identify ways to recognize and respond to conflict.
- LO 1.2-5 Explain ways responsibility contributes to the development of overall health.

### Review and Assessment

- [Module 1 Handout: Pretest](#)
- [Lesson 1.1 Handout: Review and Reflection Questions](#)
- [Lesson 1.2 Handout: Review and Reflection Questions](#)
- [Lesson 1.3 Handout: Review and Reflection Questions](#)
- [Lesson 1.4 Handout: Review and Reflection Questions](#)
- [Module 1 Handout: Physical Literacy Alphabet Challenge](#)
- [Module 1 Handout: Vocabulary Matching](#)
- [Module 1 Teacher-Directed Activity: Vocabulary Relay](#)
- [Module 1 Handout: Vocabulary Deep Dive](#)
- [Module 1 Handout: Posttest](#)

### Ready-to-Implement Module Contents

- Lesson plans and student lessons
- Answer keys
- Teacher-directed activities
- Handouts
- Editable PowerPoint® presentations
- Formative and summative review and assessment options

# Exercise Video Library

The collection of more than 80 exercises, demonstrated by teens using proper form and technique, saves countless hours looking for videos of the exercises used in this course.

**Great for mobile use—  
students can view  
videos and practice new  
exercises at home!**



## Exercise Video Library

Customize your lessons with an exercise demonstration video clip. The Exercise Video Library includes 80 exercise demonstration video clips from which to select and stream as you teach a lesson.

[Jumping Jacks](#)



[Star Jumps](#)



[Heismans](#)



# Task Card Library

Engage students in health-enhancing exercises and physical activities. Project or print and share these versatile Task Cards with your students to help them achieve and maintain a healthy fitness level.

Provide visual reinforcement of exercises and activities to integrate into any workout.

## Jumping Jacks



### Directions

1. Stand with feet together, arms at your sides.
2. Simultaneously jump your feet apart, greater than hip-width, and raise your arms until your hands are above your head.
3. Return to the starting position.

### Fitness Level

Beginner	Intermediate	Advanced
<15 reps in 30 seconds	16-22 reps in 30 seconds	23+ reps in 30 seconds

Aerobic Task Cards

## Mountain Climbers



### Directions

1. Place your hands on the ground shoulder-width apart, legs straight behind you.
2. Push off the ground with your right foot and plant it near your hip.
3. Repeat the motion with the left foot while simultaneously moving your right foot back to the starting position by straightening your leg.
4. Right leg up, left leg up equals one repetition.

### Fitness Level

Beginner	Intermediate	Advanced
<10 reps in 30 seconds	11-20 reps in 30 seconds	21+ reps in 30 seconds

Aerobic Task Cards

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# Fitness Activities

Forty Fitness Activities help students develop many self-management skills, including teamwork, communication, and problem-solving—all while having fun!



## Fitness Activities

As students participate in Fitness Activities, they learn to respond to challenges, successes, conflicts, and failures in physical activities in socially appropriate ways. Students can improve teamwork, communication skills, and problem-solving skills, while having fun. A variety of Fitness Activities are included so you can choose the ones that are appropriate for performing in your facility or space. By using this product, you agree to the following Terms of Use:

- Balloon Drills
- Blindfold Activities: Minefield
- Blindfold Activities: Tank
- Clean Your Room
- Clean Your Room Activities: Battleship
- Clean Your Room Activities: Catapult
- Cross-the-River Activities: Hula Hoop™
- Cross-the-River Activities: Small Mats with a Ball
- Fitness Challenge Course
- Fitness Station Team Challenge
- Flip Flop
- Grab the Apple

### Fitness Activity: Keep It Up Activities: Group Keep It Up

*Keep-It-Up Activities* are designed to develop individual and group self-management skills, as well as physical skills. Each activity addresses specific skills, which are described in the activity instructions. This can also be used as a lead-up activity for a volleyball unit.

*Group Keep It Up* is intended to challenge students' problem-solving abilities, communication skills, and growth mindset. The object of the activity is to keep the ball up in the air for a pre-determined set of contacts, without catching it or allowing it to hit the floor. The group will need to work together to figure out the best formation and strategy to accomplish the goal. Students will get frustrated, which will present an opportunity to use conflict resolution skills and discuss how to compromise.

#### Activity Goals

- Enable students to describe a situation and social and emotional health.
- Enable students to recognize and practice. (meets TEKS 4B)
- Help students learn to modify internal and external feedback.
- Enable students to recognize and practice. (meets TEKS 4B)
- Help students to accept success and failure by exhibiting appropriate behavior.
- Encourage students to use conflict resolution skills in group dynamics. (meets SE 4.4.A.1)
- Enable students to solve problems in group settings, both as an individual and as a group. (meets SE 4.4.A.1)

#### Materials Needed

Choose one of the following:

- Volleyball trainer (one for each group of 8–10 students works best).
- Volleyball (one for each group of 8–10 students).
- Coated foam ball (one for each group of 8–10 students).

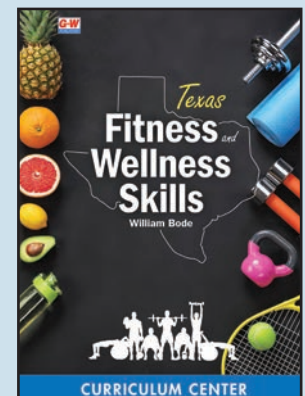
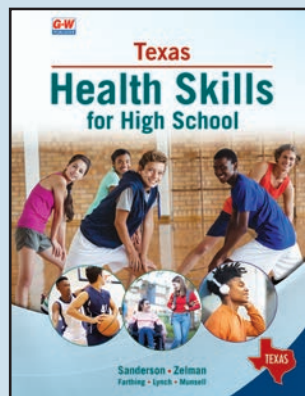
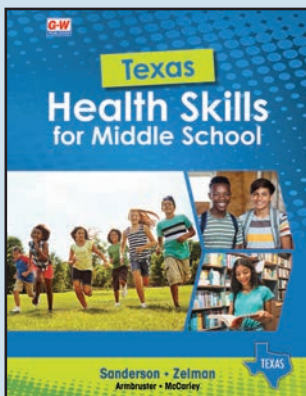
**A wealth of resources help you develop individual and group self-management skills, as well as physical skills**

- Activity Goals with TEKS
- Materials Needed
- Activity Preparation
- Activity Instructions
- Instructor Debrief

## Skills-Based Health Education and Physical Education

Carefully curated content, prepared to support Opt-In requirements

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