



Power Play is aligned to Physical Education TEKS for Kindergarten through Grade 4.

Kindergarten, 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:
 - K.1(A) travel in different ways in a large group without bumping into others or falling;
 - K.1(C) demonstrate non-locomotor (axial) movements such as bend and stretch;
 - K.1(D) maintain balance while bearing weight on a variety of body parts;
 - K.1(F) demonstrate a variety of relationships such as under, over, behind, next to, through, right, left, up, down, forward, backward, and in front of;
- (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:
 - K.3(A) describe and select physical activities that provide opportunities for enjoyment and challenge;
 - K.3 (C) participate in appropriate exercises for flexibility in shoulders, legs, and trunk;
- (4) **Physical activity and health.** The student knows the benefits from being involved in daily physical activity and factors that affect physical performance. The student is expected to:
 - K.4(A) observe and describe the immediate effect of physical activity on the heart and breathing rate and perspiration;
- (5) **Physical activity and health.** The student understands safety practices associated with physical activity and space. The student is expected to:
 - K.5(A) use equipment and space properly;
 - K.5(B) know and apply safety practices associated with physical activity such as not pushing in line and drinking water during activity;
 - K.5(C) 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. The student is expected to:
 - K.6(A) respond appropriately to starting and stopping signals; and
 - K.6(B) 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. The student is expected to:
 - K.7(A) follow rules, procedures, and safe practices;
 - K.7(B) work in a group setting in cooperation with others; and
 - K.7(C) 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:
 - 1.1(A) demonstrate an awareness of personal and general space while moving at different directions and levels such as high, medium, and low;
 - 1.1(B) demonstrate proper foot patterns in hopping, jumping, skipping, leaping, galloping, and sliding;
 - 1.1(C) demonstrate control in balancing and traveling activities;
 - 1.1 (F) create and imitate movement in response to selected rhythms;
- (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:
 - 1.3(A) describe and select physical activities that provide opportunities for enjoyment and challenge;
 - 1.3 (C) participate in appropriate exercises for flexibility in shoulders, legs, and trunk; and
- (5) **Physical activity and health.** The student knows and applies safety practices associated with physical activities. The student is expected to:
 - 1.5(A) use equipment and space safely and properly;
- (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:
 - 1.6(A) demonstrate starting and stopping signals; and
 - 1.6(B) 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:
 - 1.7(A) follow directions and apply safe movement practices;
 - 1.7(B) interact, cooperate, and respect others; and

Second Grade, Physical Education:

- (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:
 - 2.3(A) describe and select physical activities that provide opportunities for enjoyment and challenge;
 - 2.3 (C) participate in appropriate exercises for flexibility in shoulders, legs, and trunk; and
- (5) **Physical activity and health.** The student knows and applies safety practices associated with physical activities. The student is expected to:
 - 2.5(A) use equipment and space safely and properly;



- (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:
 - 2.6(A) identify goals to be accomplished during simple games such as not getting tagged; and
 - 2.6(B) 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:
 - 2.7(B) treat others with respect during play.

Third Grade, Physical Education:

- (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:
 - 3.3(A) describe and select physical activities that provide for enjoyment and challenge;
- (5) **Physical activity and health.** The student understands and applies safety practices associated with physical activities. The student is expected to:
 - 3.5(A) use equipment safely and properly;
- (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:
 - 3.6(A) identify components of games that can be modified to make the games and participants more successful; and
 - 3.6(B) 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:
 - 3.7(A) follow rules, procedures, and etiquette;
 - 3.7(B) persevere when not successful on the first try in learning movement skills; and
 - 3.7(C) accept and respect differences and similarities in physical abilities of self and others.

Fourth Grade, Physical Education:

- (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:
 - 4.3(A) describe and select physical activities that provide for enjoyment and challenge;
 - 4.3(B) name the components of health-related fitness such as strength, endurance, and flexibility;
- (4) **Physical activity and health.** The student knows the benefits from being involved in daily physical activity and factors that affect physical performance. The student is expected to:
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- 4.4(A) describe the effects of exercise on heart rate through the use of manual pulse checking or heart rate monitors;
- (5) **Physical activity and health.** The student understands and applies safety practices associated with physical activities. The student is expected to:
 - 4.5(A) use equipment safely and properly;
- (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:
 - 4.7(A) follow rules, procedures, and etiquette;