

Elementary Curriculum Map						
3rd-5th Grade						
First Term- August-December						
Unit 2						
Rhythms/Throwing & Catching/Striking & Volleying (Sep. 19-Oct. 14)						
	Warm-Up	Go Fitness	Go Activity	Cool Down		
1	Automobile	Race & Reach	Frogs on Lily Pads	Automobile	1A, 1B, 1C, 1G, 1H,	
	Card 57	Card 169	Card 374	Card 57	2A, 2B, 4A, 4C	
2	Go Fish	Mighty Muscle Stations	Partner Catch	Go Fish	1A,1B, 1G, 1H, 1K, 2A, 2C,	
	Card 9	Card 135	Card 377	Card 9	4A, 4B, 5A,	
3	Let's Get Together	Heart Healthy Hiking	Shooting Star	Let's Get Together	1A, 1B, 1C, 1G, 1H, 1K	
	Card 8	Card 54	Card 378	Card 8	2A, 2B, 4A, 4C	
4	Alphabet Walk	Hibernation	Circle Step Back	Alphabet Walk	2A,2B,2C, 3B, 1A,4A, 4B,	
	Card 11	Card 124	Card 380	Card 11	5A, 5 B, 7A,7B	
5	Walking Talking Spelling Bees	Count Down	Keep Away	WTSB	1A-L, 2A,2B,2C, 4A, 4 B	
	Card 14	Card 59	Card 382	Card 14	5A, 5 B, 7A,7B	
6	Sticky Popcorn	Limber Limbs	3 Flies Up	Fast Walk	1A,1B,1C,1K,1L, 2A, 2B, 2C	
	Card 15	Card 172	Card 383	Card 6	5A, 5 B, 7A,7B	
7	Mingle Mingle	2-Square Locomotion	Gold Medal VB Skills	Count Down (VB)	1A,1B,1C,1K,1L, 2A, 2B, 2C	
	Card 6	Card 14	Card 584	Card 12	5A, 5 B, 7A,7B	
8	Count Down (VB)	Bear Tag Crab Tag	Gold Medal VB Skills	People Dodge	1A, 1B, 1C ,2A,2B,3A	
	Card 12	Card 237	Card 584	Card 276	5A	
9	People Dodge	Frequent Flyer	Gather Round	S Trail	1A-1J, 2A, 2B, 3A,3B	
	Card 276	Card 40	Card 587	Card 5	5A, 5 B,7A,7B	
10	S Trail	Steel Abs Challenge	Gather Round	Fast Walk	1B, 1G, 2A,3A-C,	
	Card 5	Card 235	Card 587	Card 4	4A, 4B, 4C,4D, 4E	
11	Fast Walk	Pass The Hat (VB)	Bump & Boogie	Stretch Routine	4A-E, 1A, 1B, 2A, 3A-C, 5A, 5B	
	Card 4	Card 70	Card 588	Card 273		
12	Stretch Routine	Automobile	Hoop Serve	Glue & Stretch	1A, 1C, 1E, 1F, 1H, 1K, 1,L	
	Card 273	Card 34	Card 590	Card 277	3A, 5A,5B, 7A,7B	
13	People Dodge	Whistle Fitness	Pass Back	Huddle Up	7A,7B, 1A - 1L, 3A, 3B, 4A	
	Card 276	Card 17	Card 424	Card 18	5A,	

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First Term- August-December						
Unit 2 - Continued						
Rhythms/Throwing & Catching/Striking & Volleying (Sep. 19-Oct. 14)						
14	Huddle Up	Whistle Fitness	Pass Back	Glue & Stretch	7A,7B, 1A - 1L, 3A, 3B, 4A	
	Card 18	Card 17	Card 424	Card 277	5A	
15	Glue & Stretch	Frequent Flyer (FB)	Go For The Goal	People Dodge	1A-1J, 2A, 2B, 3A,3B	
	Card 277	Card 40	Card 445	Card 276	4A-E, 1A, 1B, 2A, 3A-C, 5A, 5B	
16	People Dodge	Steel Abs Challenge	Take A Hike	Count Down	4A-E, 1A, 1B, 2A, 3A-C, 5A, 5B	
	Card 276	Card 235	Card 447	Card 12	1A- 1J, 2A, 3A, 3C,	
17	Count Down (FB)	Partner Jog (FB)	Pass & Follow	The S Trail	4A-E, 1A, 1B, 2A, 3A-C, 5A, 5B	
	Card 12	Card 11	Card 426	Card 5		

Elementary Curriculum Map						
3rd-5th Grade						
First Term - August-December						
Unit 3						
Throwing and Catching Part 2/Dribbling & Passing						
(25 Days) October 17- November 18						
	Warm Up	Go Fitness	Go Activity	Cool Down		
1	People Dodge Card 276	Partner Jog (BB) Card 11	Hoop It Up-Ball Handling Card 371	I got Game Card 373	1A,-1G, 2A,5A,5B,7A, 3A-D	
2	I got Game Card 373	Partner Jog (BB) Card 11	Freeze & Pivot Card 377	Stretch Routine Card 273	1A,-1G, 2A,5A,5B,7A, 3A-D	
3	Stretch Routine Card 273	Frequent Flyer (BB) Card 40	Fast Break Card 378	Huddle Up Card 18	1A,-1G, 2A,5A,5B,7A, 3A-D	
4	Huddle Up Card 18	Frequent Flyer (BB) Card 40	Around The World Card 379	People Dodge (BB) Card 276	1A,-1G, 2A,5A,5B,7A, 3A-D	
5	People Dodge Card 276	Partner Pump It Up Card 232	Georgia Brown Card 375	Sunny Day (w/BB) Card 275	1A,1B,1C,1D,1E,5A,7A 4A,4B,4C,4D	
6	Sunny Day (w/BB) Card 275	Fitness Tag (w/BB) Card 61	Random Grid Passing Card 380	Count Down (w/BB) Card 12	1A, 1B,1C,1D,1E,1F,5A,7A	
7	Count Down (w/BB) Card 12	Fitness Tag (w/BB) Card 61	Four Corner Drill Card 384	The S Trail Card 5	1A, 1B,1C,1D,1E,1F,5A,7A	
8	The S Trail Card 5	Pass The Hat (w/BB) Card 70	Passing Tag Card 387	Copy Cat Card 19	1A-1G, 2A,2B,2C,3A-D,5A,7A	
9	Copy Cat (w/BB) Card 19	Pass The Hat (w/BB) Card 70	Passing Tag Card 387	High 5 in the Middle Card 9	1A-1G, 2A,2B,2C,3A-D,5A,7A	
10	High 5 In Middle Card 9	Go Loco Card 13	Over The Line Card 389	Glue & Stretch Card 277	1A-1G, 2A,2B,2C,3A-D,5A,7A	
11	Jumping Jack (w/BB) Card 16	Go Loco Card 13	Over the Line Card 389	Glue & Stretch Card 277	1A-1G, 2A,2B,2C,3A-D,5A,7A	

Elementary Curriculum Map					
3rd-5th Grade					
First Term - August-December					
Unit 4					
Dribbling & Passing part 2					
(17 Days) November 28- December 20					
	Warm Up	Go Fitness	Go Activity	Cool Down	
1	People Dodge Card 276	Go Loco Card 13	Sweet Feet Ball Skills Card 504	Whistle Fitness (w/Soccer Ball) Card 17	1A,1B,1C,2A,2B,3A-D,5A,7A
2	Go Loco Card 13	Whistle Fitness Card 17	Golden Goal Card 506	2-Square Locomotion Card 14	1A,1B,1C,2A,2B,3A-D,5A,7A
3	2-Square Locomotion Card 14	Partner Pump It Up Cards 232-233	Around The World Card 379	Glue & Stretch (w/Soccer ball) Card 277	1A,1B,1C,2A,2B,3A-D,5A,7A
4	Count Down (w/SB) Card 12	Frequent Flyer Card 40	Shooting Stars Card 511	Sweet Feet Card 504	1A-1G, 2A,2B,2C,3A-3D, 5A, 7A
5	Sweet Feet Card 504	Race Day! Card 68	Soccer Musical Hoops Card 508	Sunny Day (w/SB) Card 275	1A-1G, 2A,2B,2C,3A-3D, 5A, 7A
6	Sunny Day (w/SB) Card 275	Steel Abs Challenge Card 235	Come & Get it Card 514	Sweet Feet Card 504	1A-1G, 2A,2B,2C,3A-3D, 5A, 7A
7	High-5 in Middle Card 9	Partner Jog (w/SB) Card 11	Kick Away Card 517	Count Down (w/SB) Card 12	1A-1G, 2A,2B,2C,3A-3D, 5A,
8	Count Down (w/SB) Card 12	Bear Tag Crab Tag (w/SB) Card 237	One-On-One Soccer Card 521	People Dodge (w/SB) Card 274	1A-1G, 2A,2B,2C,3A-3D, 5A, 7A
9	People Dodge (w/SB) Card 276	Go Loco Card 13	Hot Tamale Card 523	Fast Walk (w/SB) Card 4	1A-1G, 2A,2B,2C,3A-3D, 5A,
10	Fast Walk (w/SB) Card 4	Whistle Fitness Card 17	Soccer Mini Kickball Card 519	Stretch Routine Card 273	1A-1G, 2A,2B,2C,3A-3D, 5A,
11	Stretch Routine Card 273	Steel Abs Challenge Card 235	All-Run Soccer Card 525	Copy Cat Card 19	1A-1G, 2A,2B,2C,3A-3D, 5A,

Elementary Curriculum Map					
3rd-5th Grade					
Second Term- January- May					
Unit 5					
Jump Rope					
January 9- February 3 (20 Days) Lessons will repeat					
	Warm Up	Go Fitness	Go Activity	Cool Down	
1	People Dodge Card 276	Cone Crazy Card 42	Figure It Card 180	Mingle, Mingle Card 6	1A, 2A,5A, 3A,3C,3D,3E,4A
2	Stretch Routine Card 273	Count Down Card 12	Follow Me Card 179	Fast Walk (w/ Rope) Card 4	1A, 2A,5A, 3A,3C,3D,3E,4A
3	Fast Walk (w/Rope) Card 4	Blob Tag Card 32	Follow Me Card 179	Sunny Day (w/Rope) Card 275	1A,1B,1F,5A,5B, 7A,7B,2D
4	Sunny Day (w/Rope) Card 275	Fitness Tag Card 61	Jump The Circuit Card 185	People Dodge (w/Rope) Card 276	1A, 1B, 2A,1G,1H,1J,3A,5A
5	People Dodge (w/Rope) Card 276	Fitness Tag Card 61	Jump Rope Challenge Card 186	Mingle, Mingle Card 6	1A,1B,1F,5A,5B, 7A,7B,2D
6	Mingle, Mingle Card 6	Fitness Tag Card 61	Jump Rope Challenge Card 186	Fast Walk (w/ Rope) Card 4	1A,5A,5B,7A,4C, 4A,4G
7	Fast Walk (w/Rope) Card 4	Double Tag Card 33	Jump Rope Challenge Card 186	Sunny Day (w/Rope) Card 275	1A,5A,5B,7A,4C, 4A,4G
8	Sunny Day (w/Rope) Card 275	Elbow Tag Card 28	Partner Jumps Cards 214-224	People Dodge (w/Rope) Card 276	7A,7B,1A,1C, 1B, 3D, 4F,
9	People Dodge Card 276	Elbow Tag Card 28	Lucky Guess Card 181	Glue & Stretch Card 277	1A, 1B, 2A,1G,1H,1J,3A,5A
10	Glue & Stretch Card 277	Race Day (w/Rope) Card 68	Double Trouble Card 182	Mingle, Mingle Card 6	1A,2A,5A,3A,3C,3D,3E,4E
11	Mingle, Mingle Card 6	Race Day (w/Rope) Card 68	Double Trouble Card 182	Stretch Routine Card 273	1A,2A,5A,3A,3C,3D,3E,4E

Elementary Curriculum Map

3rd-5th Grade

Second Term- January- May

Unit 6

Fitness, Fitnessgram Practice & Testing

February 6- March 31 (34 Days) Lessons will repeat

	Warm Up	Go Fitness	Go Activity	Cool Down			
1	Count Down (stretching) Card 12	Bear Tag Crab Tag Card 237	Pirate's Treasure Card 62	Mingle, Mingle Card 6	1A, 2A, 2B, 3A, 3B, 3C, 3D, 4A, 7A,5A		
2	High 5 In the Middle Card 9	Steel Abs Challenge Card 235	Bears to the Honey Pot Card 239	Quick Draw Card 8	1A,1B,1C,4A,4B,5A,5B,7A 2A,2B,2D		
3	Quick Draw (stretching) Card 8	CATCH Cardio Course Cards 44-55	Snake in the Grass Card 43	Cone Crazy Card 42	3A, 3B,3C,3D,3E,2A,1A,5A,7A		
4	Cone Crazy Card 42	Stretch-er-cise Card 281	Food Fat Tag Card 315	Mingle, Mingle Card 6	5A, 7A, 1A-G, 5A, 5B,5C, 7A		
5	Mingle, Mingle Card 6	Steel Abs Challenge Card 235	Automobile Card 34	Copy Cat Card 19	2A,1A,1B,1C,1D,5A,7A, 4A,4B 4C,4D		
6	Copy Cat Card 19	Push-Up Challenge Cards 230-233	Salad Bar Card 310	Whistle Fitness Card 17	1A, 2A, 2B, 3A, 3B, 3C, 3D, 4A, 5A,7A		
7	Whistle Fitness Card 17	Frequent Flyer Card 40	Bears to the Honey Pot Card 239	Fast Walk Card 42	1A, 2A, 2B, 3A, 3B, 3C, 3D, 4A, 6A,6B		
8	Flexibility Switcheroo Card 280	Boulder Ball Card 280	Jump the Circuit Card 185	The S Trail Card 5	2A,1A,1B,1C,1D,5A,7A, 4A,4B		
9	Partner Jog Card 11	Dice-er-cise Card 242	Fire Brigade Card 78	Glue & Stretch Card 277	2A, 1A, 1B,5A,7A, 3A,3B,3C,3D 3E,3F		
10	Count Down (stretching) Card 12	Flash Fitness Flexibility Stations Cards 284-285		People Dodge Card 276	2A,1A,1B,1C,1D,5A,7A, 4A,4B 3E,3F		
11	People Dodge Card 276	CATCH Mighty Amigos Cards 245-246		Mingle, Mingle Card 6	2A,1A,1B,1C,1D,5A,7A, 4A,4B 3E,3F		
12	People Dodge Card 276	PACER Practice			2A,1A,1B,1C,1D,5A,7A, 4A,4B		
13	Partner Jog - Card 11	Curl-Ups Practice	Push-Ups Paractice		2A,1A, 1B, 5A,7A,		
14		Fitnessgram Testing			2A,1A,1B,1C,1D,1E,1F,5A,7A		

Elementary Curriculum Map

3rd-5th Grade

Second Term- January- May

Unit 7

Fitness, Fitnessgram Practice & Testing

April 3 - April 13 (9 Days)

	CATCHified Activities		Cooperative Games				
	Teeball		Clean Your Backyard	TEKS: 1A-1G, 2A-D,3A-F			
	Kickball		Star Wars	4A-I, 5A-D, 6A-B, 7A,7B			
	Floor Hockey		Fireman's Brigade				
	Flying Discs		Musical Hoops				

Elementary Curriculum Map	
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3rd-5th Grade

Second Term- January- May

Unit 8

Fitness, Fitnessgram Practice & Testing

April 18 - May 12 (19 days) May 15-18 Field Day

	Review of Year	Field Day Practice				
	Highlight Favorite Games Learned throughout the year	Broad Jump	TEKS:			
		Obstacle Course	1A-G, 2A-D, 3 A-F, 4A-I			
		Chicken Relay	5A-D, 6A-B, 7 A-B			
		Tug-of-War				
		Jump Rope				
		Free Throw				
		Sack Race				
		Shot Put				
		Team Walkers				
		Partner Activities				