

## TTUISD - TEKS Tracker

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<b>TTUISD: Physical Education Individual (PEIN) Course v.2.1</b> <b>TEKS: §116.55, Individual Sports (one-half credit), Adopted 1998.</b> <b>Texts: <i>Bowling Fundamentals</i> (2004), Human Kinetics, ISBN-13: 9780736051200 ; <i>Tennis Fundamentals</i> (2004), Human Kinetics, ISBN-13: 9780736051514</b>					
TEKS Requirement (Secondary)	Sem. A	Lesson & Assignment Number	Textbook Chapter/Page #	Bloom's Taxonomy	
<b>§116.55. Individual Sports (One-Half Credit)</b>					
(a) General requirements. The recommended prerequisite for this course is Foundations of Personal Fitness.					
(b) Introduction.					
(1) In Physical Education, students acquire movement knowledge and skills that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle. The student exhibits a physically-active lifestyle and understands the relationship between physical activity and health throughout the lifespan.					
(2) Students in Individual Sports are expected to participate in a wide range of individual sports that can be pursued for a lifetime. The continued development of health-related fitness and the selection of individual sport activities that are enjoyable is a major objective of this course.					
(c) Knowledge and skills.					
(1) Movement. The student develops the ability to participate confidently in individual sports. The student is expected to:					
(A) exhibit a level of competency in two or more individual sports that include aquatics, archery, badminton, bicycling, bowling, gymnastics, golf, handball, racquetball, self-defense, table tennis, track and field, weight training, or wrestling; and	A	2-4; 5-7	TF vii-127; BF vii-125	Apply	
(B) consistently perform skills and strategies and follow rules at a basic level of competency.	A	2-4 5-7	TF vii-127 BF vii-125	Apply	
(2) Movement. The student applies movement concepts and principles to the learning and development of motor skills. The student is expected to:					
(A) use internal and external information to modify movement during performance;	A	2-4 5-7	TF xi-124 BF 3-114	Apply	
(B) describe appropriate practice procedures to improve skill and strategy in a sport;	A	1-4 5-7	TF ix-123 BF 2-114	Apply	
(C) develop an appropriate conditioning program for the selected sport; and	A	1, 8		Apply	
(D) identify correctly the critical elements for successful performance of a sport skill.	A	2-4 5-7	TF viii-124 BF 2-114	Understand	
(3) Social development. The student understands the basic components such as strategies, protocol, and rules of individual sports. The student is expected to:					
(A) acknowledge good play from an opponent during competition;	A	2-4 5-7	TF vii, xv BF 124	Evaluate	
(B) accept the roles and decisions of officials;	A	2-4 5-7	TF xiv, xv, 31 BF 119, 120	Understand	
(C) demonstrate officiating techniques; and	A	2-4 5-7	TF xiv, xv, 2 BF 124	Understand	
(D) research and describe the historical development of an individual sport.	A	2-4 5	BF xi, 6-7	Understand	
(4) Physical activity and health. The student exhibits a physically-active lifestyle that improves health and provides opportunities for enjoyment and challenge during individual sports. The student is expected to:					
(A) select and participate in individual sports that provide for enjoyment and challenge;	A	1, 8; pre- and post-test		Evaluate	
(B) analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition;	A	1, 8; pre- and post-test		Evaluate	
(C) analyze and compare health and fitness benefits derived from participating in selected individual sports;	A	1, 8; pre- and post-test		Analyze	

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(D) establish realistic yet challenging health-related fitness goals for selected individual sports;		A	1, 8; pre- and post-test		Evaluate
(E) explain the interrelatedness between selected individual sports and a personal fitness program;		A	1, 8; pre- and post-test		Analyze
(F) describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance; and		A	1, 8; pre- and post-test		Understand
(G) explain the effects of substance abuse on personal health and performance in physical activity such as side effects of steroid use.		A	1, 8		Remember
(5) Physical activity and health. The student understands and applies safety practices associated with individual sports. The student is expected to:					
(A) evaluate risks and safety factors that may affect individual sport preferences;		A	1-4 5-8	TF x-xii BF vii-ix, 5-7	Analyze
(B) identify and follow safety procedures when participating in individual sports; and		A	1-4 5-8	TF x-xiii BF vii-ix, 5-7	Apply
(C) describe equipment and practices that prevent or reduce injuries.		A	1-4 5-8	TF x-xiii BF vii-ix, 5-7	Apply
(6) Social development. The student develops positive personal and social skills needed to work independently and with others in individual sports. The student is expected to:					
(A) evaluate personal skills and set realistic goals for improvement;		A	1, 8: fitness pre- and post-test; individual workout plan and evaluation		Evaluate
(B) respond to challenges, successes, and failures in physical activities in socially appropriate ways;		A	1, 8: fitness pre- and post-test; individual workout plan and evaluation		Understand
(C) accept successes and performance limitations of self and others;		A	1, 8: fitness pre- and post-test; individual workout plan and evaluation		Understand
(D) anticipate potentially dangerous consequences of participating in selected individual sports; and		A	1, 8: fitness pre- and post-test; individual workout plan and evaluation		Understand
(E) demonstrate responsible behavior in individual sports such as playing by the rules, accepting lack of skill in others.		A	1, 8; fitness pre-test; individual workout plan		Understand
<i>Source: The provisions of this §116.55 adopted to be effective September 1, 1998, 22 TexReg 7759.</i>					