

Physical Education - Lifetime Recreation and Outdoor Pursuits High School

2024-2025 Pacing Calendar

Units of Instruction

Unit 1: Safety in the Outdoors - Conditioning and Skill Development

This unit focuses on safety and fitness conditioning for participation in adventurous, experimental outdoor activities including the development of survival skills.

2024	August					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02	03
				All Staff Induction and Preparation		
04	05	06	07	08	09	10
	All Staff Induction and Preparation					
11	12	13	14	15	16	17
	Unit #1 - Safety in the Outdoors - Conditioning and Skill Development					
18	19	20	21	22	23	24
	Unit #1 - Safety in the Outdoors - Conditioning and Skill Development					
25	26	27	28	29	30	31
	Unit #1 - Safety in the Outdoors - Conditioning and Skill Development					
01	02	TEKS:				

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Units of Instruction

Unit 1: Safety in the Outdoors - Conditioning and Skill Development

This unit focuses on safety and fitness conditioning for participation in adventurous, experimental outdoor activities including the development of survival skills.

**Physical Fitness Pre-Testing - Due
December 2, 2024**

2024		September				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
	Labor Day (no classes)	Staff PD (no classes)	Unit #1 - Safety in the Outdoors - Conditioning and Skill Development			
08	09	10	11	12	13	14
	Unit #1 - Safety in the Outdoors - Conditioning and Skill Development					
15	16	17	18	19	20	21
	<ul style="list-style-type: none"> • Extend • Review • Assess • Reteach 					END OF CYCLE 1
22	23	24	25	26	27	28
	Unit #2 - Health-Related Physical Fitness – Development and International/Innovative Games					
29	30	01	02	03	04	05
	Unit #2 - Health-Related Physical Fitness – Development and					
06	07	TEKS:				

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Units of Instruction

Unit 2: Outdoor Physical Fitness Goal Setting

This unit focuses on student participation in physical fitness testing and outdoor activities such as hiking, fishing, archery, orienteering, boating, horse craft, rock climbing, and water safety. Students will participate in and complete all required six elements of the FitnessGram assessment for setting goals.

**Physical Fitness Pre-Testing - Due
December 2, 2024**

2024		October				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	01 Unit #2 - Outdoor Physical Fitness Goal Setting	02	03 Staff PD (no classes)	04 Fall Holiday (no classes)	05
06	07 Unit #2 - Outdoor Physical Fitness Goal Setting	08	09	10	11	12
13	14 Unit #2 - Outdoor Physical Fitness Goal Setting	15	16	17	18	19
20	21 Unit #2 - Outdoor Physical Fitness Goal Setting	22	23	24	25	26
27	28 • Extend • Review • Assess • Reteach	29	30	31	01	02
03	04	TEKS:				

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Units of Instruction

Unit 3: Outdoor Living and Conservation

This unit focuses on developing outdoor living skills and goal setting for each adventure outdoor activity. Skills for Outdoor Living focuses on enjoyment and surviving cohabitating with nature. Students will learn and participate in a variety of activities that prepare them to experience camping and preservation of the environment. Student will also do goal setting by establishing realistic yet challenging personal fitness goals while participating in the various adventure outdoor activities.

**Physical Fitness Pre-Testing- Due
December 4, 2023**

2024	November					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	01	02
					<ul style="list-style-type: none"> • Extend • Review • Assess • Reteach 	END OF CYCLE 2
03	04	05	06	07	08	09
	Unit #3 - Outdoor Living and Conservation				Staff PD (no classes)	
10	11	12	13	14	15	16
	Unit #3 - Outdoor Living and Conservation					
17	18	19	20	21	22	23
	Unit #3 - Outdoor Living and Conservation					
24	25	26	27	28	29	30
	Thanksgiving Break					
01	02	TEKS:				

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Units of Instruction

Unit 3: Training Principles

This unit focuses on developing student's sports-related skills such as agility, power, reaction time, balance, and coordination. Students will learn how to utilize the principles of training to transfer skills to individual sports such as bowling, badminton, golf, weight training, fishing, tennis, handball, etc.

**Physical Fitness Pre-Testing - Due
December 2, 2024**

2024	December					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
	Unit #3 - Outdoor Living and Conservation					
08	09	10	11	12	13	14
	Unit #3 - Outdoor Living and Conservation					
15	16	17	18	19	20	21
	<ul style="list-style-type: none"> • Extend • Review • Assess • Reteach 					END OF CYCLE 3
22	23	24	25	26	27	28
	Winter Recess (no classes)					
29	30	31	01	02	03	04
	Winter Recess (no classes)					
05	06	TEKS:				

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Units of Instruction

Unit 4: Safety in the Outdoors - Conditioning and Skill Development

This unit focuses on safety and fitness conditioning for participation in adventurous, experimental outdoor activities including the development of survival skills.

Physical Fitness Pre/Post - Due May 5, 2025

2025		January				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	01	02	03	04
			New Year's Day (no classes)	Winter Recess (no classes)		
05	06	07	08	09	10	11
	Unit #4: Rhythmic Movement and Skills					
12	13	14	15	16	17	18
	Unit #4: Rhythmic Movement and Skills					
19	20	21	22	23	24	25
	Martin Luther King, Jr. Day	Unit #4 - Setting Goals and Designing a Fitness Plan				
26	27	28	29	30	31	01
	Unit #4 - Setting Goals and Designing a Fitness Plan					
02	03	TEKS:				

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Units of Instruction

Unit 4: Safety in the Outdoors - Conditioning and Skill Development

This unit focuses on safety and fitness conditioning for participation in adventurous, experimental outdoor activities including the development of survival skills.

Unit 5: Outdoor Physical Fitness Goal Setting

This unit focuses on student participation in physical fitness testing and outdoor activities such as hiking, fishing, archery, orienteering, boating, horse craft, rock climbing, and water safety. Students will participate in and complete all required six elements of the FitnessGram assessment for setting goals.

**Physical Fitness Pre/Post - Due May 5,
2025**

2025	February					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	01
02	03	04	05	06	07	08
	Unit #4 - Setting Goals and Designing a Fitness Plan					
09	10	11	12	13	14	15
	Unit #4 - Setting Goals and Designing a Fitness Plan					
16	17	18	19	20	21	22
	President's Day (no classes)	<ul style="list-style-type: none"> • Extend • Review • Assess • Reteach 				END OF CYCLE 4
23	24	25	26	27	28	01
	Unit #5 - Outdoor Physical Fitness Goal Setting					
02	03	TEKS:				

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Units of Instruction

Unit 5: Outdoor Physical Fitness Goal Setting
This unit focuses on student participation in physical fitness testing and outdoor activities such as hiking, fishing, archery, orienteering, boating, horse craft, rock climbing, and water safety. Students will participate in and complete all required six elements of the FitnessGram assessment for setting goals.

Physical Fitness Pre/Post - Due May 5, 2025

2025	March					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	01
02	03	04	05	06	07	08
	Unit #5 - Outdoor Physical Fitness Goal Setting					
09	10	11	12	13	14	15
	Spring Recess (no classes)					
16	17	18	19	20	21	22
	Unit #5 - Outdoor Physical Fitness Goal Setting					
23	24	25	26	27	28	29
	Unit #5 - Outdoor Physical Fitness Goal Setting					
30	31	TEKS:				
	Chavez Huerta Day (no classes)					

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Units of Instruction

Unit 5: Outdoor Physical Fitness Goal Setting

This unit focuses on student participation in physical fitness testing and outdoor activities such as hiking, fishing, archery, orienteering, boating, horse craft, rock climbing, and water safety. Students will participate in and complete all required six elements of the FitnessGram assessment for setting goals.

Unit 6: Outdoor Living and Conservation

This unit focuses on developing outdoor living skills and goal setting for each adventure outdoor activity. Skills for Outdoor Living focuses on enjoyment and surviving cohabitating with nature. Students will learn and participate in a variety of activities that prepare them to experience camping and preservation of the environment. Student will also do goal setting by establishing realistic yet challenging personal fitness goals while participating in the various adventure outdoor activities.

Physical Fitness Testing Pre/Post - Due May 5, 2025

2025	April					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	01	02	03	04	05
	Unit #5 - Outdoor Physical Fitness Goal Setting					
06	07	08	09	10	11	12
	Unit #5 - Outdoor Physical Fitness Goal Setting					
13	14	15	16	17	18	19
	<ul style="list-style-type: none"> • Extend • Review • Assess • Reteach 				Spring Holiday (no classes)	END OF CYCLE 5
20	21	22	23	24	25	26
	Unit #6 - Outdoor Living and Conservation					
27	28	29	30	01	02	03
	Unit #6 - Outdoor Living and Conservation					
04	05	TEKS:				

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Units of Instruction

Unit 6: Using Technology Responsibly and Cooperative Games

This unit will focus on types of technology to monitor and track physical activity. Students will apply skills to cooperative games and team building activities that can include target games, striking, and fielding, invasion games, and apply skills learned to create their own innovative activities.

Physical Fitness Testing Pre/Post - Due- May 5, 2025

2025		May				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	01	02	03
				Unit #6 - Outdoor Living and Conservation		
04	05	06	07	08	09	10
	Unit #6 - Outdoor Living and Conservation					
11	12	13	14	15	16	17
	Unit #6 - Outdoor Living and Conservation					
18	19	20	21	22	23	24
	Unit #6 - Using Technology Responsibly and Cooperative Games					
25	26	27	28	29	30	31
	Memorial Day (no classes)	<ul style="list-style-type: none"> • Extend • Review • Assess • Reteach 				
01	02	TEKS:				

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Unit 6: Outdoor Living and Conservation

This unit focuses on developing outdoor living skills and goal setting for each adventure outdoor activity. Skills for Outdoor Living focuses on enjoyment and surviving cohabitating with nature. Students will learn and participate in a variety of activities that prepare them to experience camping and preservation of the environment. Student will also do goal setting by establishing realistic yet challenging personal fitness goals while participating in the various adventure outdoor activities.

Physical Fitness Pre/Post - Due May 5, 2025

2025		June				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02 • Extend • Review • Assess • Reteach	03	04	05 Staff PD (no classes)	06	07 END OF CYCLE 6
08	09	10	11	12	13 Staff PD (no classes)	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	01	02	03	04	05
06	07	TEKS:				