

## Physical Education Texas Essential Knowledge and Skills

### GUIDING QUESTIONS

1. Does each grade level and/or course follow a complete and logical development of concepts appropriate for physical education? If not, what improvements are needed?

**Improvements:** We need to move everything back. Students are more advanced, and the concepts can be mastered at an earlier age, thereby educating and preparing them for fitness earlier.

2. Are there topics that should be eliminated and/or no longer reflect current research or practices within the field? If so, please identify.

**Page B-3 6.3 (D) – skin fold calipers and impedance testing equipment - when will these be introduced, most people have no clue what these are. Will schools have access to these devices.**

3. Are there specific topics that are missing from the current TEKS? If so, please explain.

**There should be some mention about how physical fitness contributes to mental health.**

4. Have the correct vocabulary and terminology been used throughout the TEKS?

**Page C-1 (c) 1 (A) Physiological principles and Biomechanical principles are strong terms. The introduction of those terms is very important, so that students are not intimidated.**

5. Is the level of rigor appropriate for each grade level and/or course?

**I believe that students are a bit more advanced and that we could push things back a year.**

6. Are the student expectations clear and specific?

**In most instances the text alludes to certain sports. However I believe that there should be language that addresses specific sports ie. volleyball, soccer, basketball etc. In the middle school section**

7. Are the TEKS aligned vertically? If not, what gaps should be addressed? NA

8. Can all student expectations reasonably be taught within the amount of time *typically* allotted for the grade level or course?

**I would be interested to see HOW the expectations would be taught considering at many schools, students do not go to PE everyday.**

9. Are there student expectations that are not essential or unnecessarily duplicative and can be eliminated? If so, please identify by grade level/course and student expectation number.

NA

10. Are the high school course options sufficient and appropriate? If not, what would you recommend adding or removing?

**I would consider removing the 116.53 Adventure.Outdoor Education course. Most inner-city students won't have access to the listed activities: boating, camping, hiking.**

11. What other suggestions do you have for ways in which the physical education TEKS can be improved?

**The biggest improvement we could make is being intentional about our preparation for students to have an opportunity to be eligible for college scholarships. If we start specific skill instruction at an earlier age. Students may be more knowledgeable of the sport which may give them a greater edge over other students.**