

**TEKS**  
**KNES 3513 Scientific Foundations of Human Movement**  
**Academic Year 2022-2023**

CHAPTER 116 TEXAS ESSENTIAL KNOWLEDGE AND SKILLS FOR  
PHYSICAL EDUCATION  
SUBCHAPTER A ELEMENTARY  
RULE §116.12 Physical Education, Kindergarten, Adopted 2020

(b) Knowledge and skills.

(2) Movement patterns and movement skills--non-locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate non-locomotor skills. The student is expected to:

(A) maintain balance while bearing weight using different bases of support

(8) Health, physical activity, and fitness--fitness principles. The physically literate student demonstrates and recognizes a health-enhancing, physically active lifestyle. The student is expected to:

(A) discuss the immediate effect of physical activity on the heart and lungs;

(10) Health, physical activity, and fitness--nutrition and hydration. The physically literate student recognizes the correlation between nutrition, hydration, and physical activity. The student is expected to:

(B) identify the best source of hydration during physical activity

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SUBCHAPTER A ELEMENTARY  
RULE §116.13 Physical Education, Grade 1, Adopted 2020

(b) Knowledge and skills.

(3) Movement patterns and movement skills--manipulative skills. The physically literate student demonstrates competency in developmentally appropriate manipulative skills. The student is expected to:

(B) demonstrate key elements of catching an accurately and softly thrown large ball and a self-tossed object

(4) Movement patterns and movement skills--spatial and body awareness. The physically literate student demonstrates competency in spatial and body awareness, including pathways, shapes, levels, speed, direction, and force. The student is expected to:

(C) differentiate between fast and slow speeds, strong and light force, and various directions

(8) Health, physical activity, and fitness--fitness principles. The physically literate student demonstrates and recognizes a health-enhancing, physically active lifestyle. The student is expected to:

- (A) identify the immediate effect of physical activity on the heart and lungs
- (B) explain the importance of warm-ups and cool-downs for physical activity

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[SUBCHAPTER A](#) ELEMENTARY  
RULE §116.14 Physical Education, Grade 2, Adopted 2020

(b) Knowledge and skills.

(3) Movement patterns and movement skills--manipulative skills. The physically literate student demonstrates competency in developmentally appropriate manipulative skills. The student is expected to:

- (A) demonstrate key elements in underhand throwing to a partner and overhand throwing to a target with opposite foot forward
- (B) demonstrate key elements when catching an accurately and softly thrown large ball without trapping against the body

(8) Health, physical activity, and fitness--fitness principles. The physically literate student demonstrates and recognizes a health-enhancing, physically active lifestyle. The student is expected to:

- (A) list the benefits of regular physical activity on the heart and lungs
- (B) define frequency and endurance as it relates to physical activities

(10) Health, physical activity, and fitness--nutrition and hydration. The physically literate student recognizes the correlation between nutrition, hydration, and physical activity. The student is expected to:

- (B) explain the need for proper hydration to enhance physical activity.

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[SUBCHAPTER A](#) ELEMENTARY  
RULE §116.15 Physical Education, Grade 3, Adopted 2020

(b) Knowledge and skills.

(1) Movement patterns and movement skills--locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate locomotor skills. The student is expected to:

- (B) demonstrate correct jumping and landing technique from different heights

(3) Movement patterns and movement skills--manipulative skills. The physically literate student demonstrates competency in developmentally appropriate manipulative skills. The student is expected to:

(A) demonstrate key elements in underhand and overhand throwing to a partner with accuracy

(B) demonstrate key elements when catching an accurately and softly thrown large ball with a partner without trapping against the body

(G) demonstrate correct technique when striking a moving object over a low net or to a wall with a hand or short- or long-handled implement

(8) Health, physical activity, and fitness--fitness principles. The physically literate student demonstrates and recognizes a health-enhancing, physically active lifestyle. The student is expected to:

(B) identify the importance of frequency and intensity during endurance activities

## CHAPTER 116

## TEXAS ESSENTIAL KNOWLEDGE AND SKILLS FOR PHYSICAL EDUCATION

### SUBCHAPTER A

### ELEMENTARY

#### RULE §116.16

#### Physical Education, Grade 4, Adopted 2020

(b) Knowledge and skills.

(1) Movement patterns and movement skills--locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate locomotor skills. The student is expected to:

(B) demonstrate correct jumping and landing technique while performing a long jump and a full turn jump

(3) Movement patterns and movement skills--manipulative skills. The physically literate student demonstrates competency in developmentally appropriate manipulative skills. The student is expected to:

(B) practice the key elements of catching a ball at a variety of levels above and below the waist

(E) identify and demonstrate the key elements in kicking patterns, including body position, weight transfer, and follow-through

(G) demonstrate correct technique when striking an object with a hand or short- or long-handled implement with a partner

(4) Movement patterns and movement skills--spatial and body awareness. The physically literate student demonstrates competency in spatial and body awareness, including pathways, shapes, levels, speed, direction, and force. The student is expected to:

(C) apply speed, direction, and force during dynamic activities and lead-up games

(8) Health, physical activity, and fitness--fitness principles. The physically literate student demonstrates and recognizes a health-enhancing, physically active lifestyle. The student is expected to:

(A) describe the benefits of regular physical activity on overall health and wellness

(10) Health, physical activity, and fitness--nutrition and hydration. The physically literate student recognizes the correlation between nutrition, hydration, and physical activity. The student is expected to:

(B) explain the importance of proper hydration before, during, and after physical activity

## CHAPTER 116

## TEXAS ESSENTIAL KNOWLEDGE AND SKILLS FOR PHYSICAL EDUCATION

### SUBCHAPTER A

### ELEMENTARY

#### RULE §116.17

#### Physical Education, Grade 5, Adopted 2020

(b) Knowledge and skills.

(1) Movement patterns and movement skills--locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate locomotor skills. The student is expected to:

(B) demonstrate correct jumping and landing technique while performing a long jump and a full turn jump in both directions

(2) Movement patterns and movement skills--non-locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate non-locomotor skills. The student is expected to:

(A) maintain balance and transfer body weight with control during dynamic activities and lead-up games

(3) Movement patterns and movement skills--manipulative skills. The physically literate student demonstrates competency in developmentally appropriate manipulative skills. The student is expected to:

(B) demonstrate the key elements of catching while moving during games and activities;

(E) demonstrate appropriate form when kicking and punting during dynamic activities and lead-up games

(G) demonstrate correct technique when striking an object with a hand or short- or long-handled implement in dynamic activities and lead-up games

(8) Health, physical activity, and fitness--fitness principles. The physically literate student demonstrates and recognizes a health-enhancing, physically active lifestyle. The student is expected to:

(A) describe the benefits of moderate to vigorous physical activity on overall health and wellness

(B) describe the frequency, intensity, time, and type (FITT) principle and how it improves fitness

(10) Health, physical activity, and fitness--nutrition and hydration. The physically literate student recognizes the correlation between nutrition, hydration, and physical activity. The student is expected to:

(B) explain the importance of proper hydration before, during, and after physical activity

CHAPTER 116

TEXAS ESSENTIAL KNOWLEDGE AND SKILLS FOR  
PHYSICAL EDUCATION

SUBCHAPTER B

MIDDLE SCHOOL

RULE §116.26

Physical Education, Grade 6, Adopted 2020

(b) Knowledge and skills.

(1) Movement patterns and movement skills--locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate locomotor skills. The student is expected to:

(B) demonstrate correct jumping and landing technique during dynamic activities, game situations, and sports

(2) Movement patterns and movement skills--non-locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate non-locomotor skills. The student is expected to:

(A) demonstrate balance with control during dynamic activities and games

(3) Movement patterns and movement skills--manipulative skills. The physically literate student demonstrates competency in developmentally appropriate manipulative skills. The student is expected to:

(A) demonstrate correct technique when throwing to a moving target

(B) demonstrate correct catching technique from different levels and trajectories with a variety of objects

(E) demonstrate correct technique in kicking and punting with accuracy during dynamic activities and lead-up games

(G) demonstrate correct technique when striking an object with speed, accuracy, force, and distance using a hand or handled implement during dynamic activities and lead-up games

(4) Movement patterns and movement skills--spatial and body awareness. The physically literate student demonstrates competency in spatial and body awareness including pathways, shapes, levels, speed, direction, and force. The student is expected to:

(B) apply speed, direction, and force with a long-handled implement during dynamic activities, games, and sports

(8) Health, physical activity, and fitness--fitness principles. The physically literate student demonstrates and recognizes a health-enhancing, physically active lifestyle. The student is expected to:

(A) describe the long-term benefits of moderate to vigorous physical activity on overall health and wellness

(B) describe the frequency, intensity, time, and type (FITT) principle and how it improves fitness in relation to aerobic and anaerobic activities

(10) Health, physical activity, and fitness--nutrition and hydration. The physically literate student recognizes the correlation between nutrition, hydration, and physical activity. The student is expected to:

- (A) identify macronutrients, including carbohydrates, fats, and proteins, and examine their relationship to optimal physical performance
- (B) identify how environmental temperature and humidity each contribute to dehydration and heat illness

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SUBCHAPTER B MIDDLE SCHOOL

RULE §116.27 Physical Education, Grade 7, Adopted 2020

(b) Knowledge and skills.

(1) Movement patterns and movement skills--locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate locomotor skills. The student is expected to:

(B) apply correct jumping and landing technique during dynamic activities, game situations, and sports

(3) Movement patterns and movement skills--manipulative skills. The physically literate student demonstrates competency in developmentally appropriate manipulative skills. The student is expected to:

(E) apply correct technique in kicking and punting with control, distance, and accuracy during game situations and sports

(G) apply correct technique when striking an object with speed, accuracy, force, and distance during game situations and sports

(8) Health, physical activity, and fitness--fitness principles. The physically literate student demonstrates and recognizes a health-enhancing, physically active lifestyle. The student is expected to:

(A) analyze the long-term benefits of moderate to vigorous physical activity on overall health and wellness

(B) apply basic frequency, intensity, time, and type (FITT) principle in a variety of aerobic and anaerobic activities

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SUBCHAPTER B MIDDLE SCHOOL

RULE §116.28 Physical Education, Grade 8, Adopted 2020

(b) Knowledge and skills.

(1) Movement patterns and movement skills--locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate locomotor skills. The student is expected to:

(B) combine correct jumping and landing technique during dynamic activities, game situations, and sports.

(2) Movement patterns and movement skills--non-locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate non-locomotor skills. The student is expected to:

(A) combine and apply balance with control during dynamic activities, game situations, and sports

(3) Movement patterns and movement skills--manipulative skills. The physically literate student demonstrates competency in developmentally appropriate manipulative skills. The student is expected to:

(A) combine appropriate throwing techniques during game situations and sports

(B) apply appropriate catching technique from different levels and trajectories with an implement during game situations and sports

(E) apply correct technique in kicking and punting during game situations and sports with control, distance, and accuracy

(G) perform, without cue, key elements in striking during game situations and sports

(4) Movement patterns and movement skills--spatial and body awareness. The physically literate student demonstrates competency in spatial and body awareness, including pathways, shapes, levels, speed, direction, and force. The student is expected to:

(B) perform, without cue, the appropriate speed, direction, and force with or without an implement during dynamic activities, games, and sports

## CHAPTER 116

## TEXAS ESSENTIAL KNOWLEDGE AND SKILLS FOR PHYSICAL EDUCATION

### SUBCHAPTER C

### HIGH SCHOOL

#### RULE §116.62

#### Lifetime Fitness and Wellness Pursuits (One Credit), Adopted 2020

(c) Knowledge and skills.

(1) Movement patterns and movement skills. While participating in physical activity, the physically literate student applies physiological and biomechanical principles to improve health-related fitness. The student is expected to:

(A) apply physiological and fitness principles related to exercise and training, including warm-up and cool-down, overload, frequency, intensity, time, and specificity

(B) apply basic biomechanical principles related to exercise and training, including force, leverage, and type of contraction

(3) Health, physical activity, and fitness. The physically literate student applies fitness principles that encompass personal fitness programs, nutrition, technology, and environmental awareness. The student is expected to:

(C) explain the relationships among hydration, physical activity, and environmental conditions

(D) explain the relationship between physical fitness and wellness

(F) describe training principles appropriate to enhance cardiorespiratory endurance, muscular strength and endurance, and flexibility

(5) Lifetime wellness. The physically literate student comprehends practices that will impact daily performance, physical activity, and health throughout the lifespan. The student is expected to:

(D) explain the risks of over training

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TEXAS ESSENTIAL KNOWLEDGE AND SKILLS FOR  
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[SUBCHAPTER C](#)

HIGH SCHOOL

RULE §116.63

Lifetime Recreation and Outdoor Pursuits (One Credit), Adopted 2020

(c) Knowledge and skills.

(3) Health, physical activity, and fitness. The physically literate student exhibits a physically active lifestyle that improves health and provides opportunities for enjoyment and challenge. The student is expected to:

(B) describe training principles for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance

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[SUBCHAPTER C](#)

HIGH SCHOOL

RULE §116.64

Skill-Based Lifetime Activities (One Credit), Adopted 2020

(c) Knowledge and skills.

None