



# GenFit (FuseMove) Year at a Glance (YAG)



First Semester		Second Semester	
<b>1<sup>st</sup> Nine Weeks – 42 days</b> (August 16 <sup>th</sup> – October 13 <sup>th</sup> ) <i>(September 6<sup>th</sup> – Labor day – No School)</i> <i>(October 11<sup>th</sup> – Staff Development)</i>		<b>3<sup>rd</sup> Nine Weeks – 44 days</b> (January 3 <sup>rd</sup> – March 4 <sup>th</sup> ) <i>(January 17<sup>th</sup> – MLK – No School)</i> <i>(March 7<sup>th</sup> – 11<sup>th</sup> – Spring Break)</i>	
<b><u>TEKS</u></b>  FFM: B1, B2, C1, C1.A, C2, C2.B, C3.A, C4, C4.A, C4.D  PE: AC.2A, AC.2B, AC.2D, AC.3A, AC.3B, AC.3C, AC.3D, AC.3E, AC.3G, AC.4A, AC.4B, AC.4C, AC.5A, AC.5B, AC.5C, AC.5D  FFM: B1-3, C1.B, C2, C2.A, C3, C3.A, C4, C4.B, C4.D  PE: AC.2A, AC.2B, AC.2C, AC.3A, AC.3B, AC.3C, AC.3D, AC.3E, AC.AC.3F, AC.4A, AC.4B, AC.4C, AC.5A	<p><b>Block 1</b></p> <p>In this block the students will learn expectations of the functional movement course, basic skills, terms, and the proper method for warming up and cooling down.</p> <p>They will also participate in a variety of aerobic activities to establish where they are at in their personal fitness journey. They will also learn to identify family risk factors that may affect their personal hygiene.</p> <p><b>Block 2</b></p> <p>In this block the students are exposed to the seven main foundational movements for the purpose of skills acquisition. These movements will be paired with repetition to increase their confidence and personal fitness levels. Students will learn the difference between short term and long term goals - how to set goals. Finally, they will learn the importance of food and hydration when exercising.</p>	<b><u>TEKS</u></b>  FFM: B1-3, C1.A-B, C2, C2.A - B, C3, C3.A-C, C4, C4.A, C4.C, C4.D  PE: AC.3B, AC.3C, AC.3D, AC.3E, AC.3F, AC.3G, AC.5A, AC.5B, AC.5C  FFM: B1-3, C1.A-B, C2, C2.A, B, C3, C3.A-C, C4, C4.A, C4.C, C4.D  PE: AC.1B, AC.2A, AC.2C, AC.3A, AC.3B, AC.3C, AC.3D, AC.3E, AC.3F, AC.5A, AC.5D	<p><b>Block 4</b></p> <p>In this block the students will continue increasing their knowledge of foundation and developmental transitional movements as well as how stress and time management can contribute to a decline in health. Students will learn strategies to manage these challenges and how to manage time effectively. A big focus of this block is sportsmanship, following directions and addressing conflict when it arrives in a healthy and constructive way.</p> <p><b>Block 5</b></p> <p>In this block the students will participate in a variety of skill and aerobic activities in preparation for the final. They will also learn the difference between muscle strains and muscle soreness/safety in training in group/outdoor activities. They will work in teams for the final - promoting sport values, rules of the game and developing interpersonal skills, applying aspects of sportsmanship learned in the previous block.</p>



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2 <sup>nd</sup> Nine Weeks – 42 days (October 14 <sup>th</sup> – December 17 <sup>th</sup> ) <i>(November 22<sup>nd</sup> – 26<sup>th</sup> – Thanksgiving Break)</i> <i>(December 20<sup>th</sup> – December 31<sup>st</sup> – Holiday Break)</i>		4 <sup>th</sup> Nine Weeks – 51 days (March 14 <sup>th</sup> – May 25 <sup>th</sup> ) <i>(April 8<sup>th</sup> – Battle of Flowers – No School)</i> <i>(April 15<sup>th</sup> – Good Friday – No School)</i>	
<p><b>TEKS</b></p> <p>FFM: B1-3, C1.A-B, C2, C2.A-B, C3, C3.A-C, C4, C4.A, C4.C, C4.D</p> <p>PE: AC.1A, AC.1B, AC.3B, AC.3D, AC.3E, AC.3H, AC.4A, AC.4B, AC.4C, AC.4D, AC.5A, AC.5B, AC.5D</p>	<p><b>Block 3</b></p> <p>In this block the students continue their practice of foundational movements and will participate in a variety of introductory transitional movements. Students will also learn the main components of health related fitness and skill related fitness and how they work together to improve overall health. They will also learn the effects of stress on the body and how to manage stress. It is important for students and especially athletes to eat balanced meals each day in order to get the appropriate amount of nutrients. Students will learn what nutrients are needed most by athletes and how to stay active for a lifetime.</p>	<p><b>TEKS</b></p> <p>FFM: B1-3, C1.A-B, C2, C2.A-B, C3, C3.A-C, C4, C4.A-D.</p> <p>PE: AC.2A, AC.2C, AC.3A, AC.3B, AC.3C, AC.3D, AC.3E, AC.3F, AC.3G, AC.5A, AC.5B</p>	<p><b>Block 6</b></p> <p>In this final block the students will participate in a variety of activities that test their usefulness in preparation for taking Functional Movement 1 (Innovative Course). They will also learn the dangers of the misuse of OTC and prescription drugs. Students will as well learn the danger of e-cigarettes and smoking.</p>