



Northside ISD
Physical Education

NISD PE Health Topics
NISD Physical Education Department

K-2	Key points	Activities/Resources	3-5	Key points	Activities/Resources
The 5 senses are: touch, sight, hearing, smell & taste	Humans have five basic senses: touch, sight, hearing, smell and taste. How do you use your 5 senses everyday?	5 Senses Activity	Human Body Systems	Humans have many body systems that work together to keep us alive, such as; skeletal, muscular, circulatory, respiratory, nervous, immune, digestive and integumentary. Give examples of how each system works in the body.	Body Systems Recognition
Physical Activity on Heart & Lungs	What changes happen in our hearts and lungs when we exercise?	Physical Activity on Heart & Lungs Activity	Benefits of Regular Exercise	Some of the benefits of regular physical activity are; improve your brain health, weight and stress management, reduce the risk of disease, strengthen bones and	Benefits of Regular Exercise Tag <i>Can be discussed & taught during Fitness Unit & Fitness Activities.</i>

				muscles, and improve your ability to do everyday activities.	
Safe Clothing & Footwear for Physical Activity	Wearing the correct clothing and shoes for exercise keeps us safe. Can you give an example of clothing or shoes that keep us safe during PE?	Safe Clothing & Footwear This or That Activity <i>Can be discussed & taught during the Start the Year unit.</i>	Safety Precautions for Exercise	Before you exercise, check to make sure you are wearing the proper attire. What attire would you need for; water activities, biking, walking etc.?	Safe Clothing and Footwear This or That Activity <i>Can be discussed and taught during the Start of the Year unit.</i>
Importance of Daily Physical Activity	What are some ways you exercise everyday? Ex; outdoor play (recess), sports, swimming, biking etc.	Physical Activity Follow the Leader	FITT Principle	Considering frequency, intensity, type and time (FITT principle) during exercise is important.	FITT Activity <i>Can be discussed and taught during Fitness Unit & Fitness Activities.</i>
NO TOPIC OR REVIEW	NO TOPIC OR REVIEW	2nd grade - intro to fitness testing	Fitness Components	There are 5 health related fitness components; cardiovascular endurance, muscular strength & endurance, flexibility and body composition.	Fitness Components Activity <i>Can be discussed and taught during Fitness Unit & Fitness Activities.</i>
Health & Fitness Related Goals	Why is setting a goal for exercise and health important? How do you know if you are	Health & Fitness Related Goals Activity	Health & Fitness Related Goals	Can you think of a fitnessgram goal for one component? How could you measure	Goal Setting Activity 3-5 <i>Can be discussed/taught during Fitness Unit, Fitnessgram, and Fitness Activities.</i>

	getting better? Ex: How many times can you hop on 1 foot (without falling) today and test again next class.			your progress towards your goal?	
Sun and Water Safety	How do you stay safe in the sun and water?	Sun and Water Safety Tag	Sun, Water, Walking & Biking Safety	How do you stay safe in the sun, water, & while walking and biking?	Sun and Water Safety Tag
Nutrition-Food Groups	There are 5 food groups; fruits, vegetables, grains, protein & dairy.	Supermarket Sweep	Nutrition - How food impacts physical activity	Food provides energy for our body. Healthy food provides sustainable energy for exercise.	French Fry Tag <i>Can be discussed and taught during Fitness Unit & Fitness Activities.</i>
Nutrition-Hydrati on	Keep your body healthy by drinking water. Soda, sports drinks and juice have a lot of sugar.	H2O Tag	Nutrition - Importance of Hydration	Keep your body healthy by drinking water. Soda, sports drinks and juice have a lot of sugar. What does it mean to be hydrated and how can it sustain you during exercise?	H2O Tag <i>Can be discussed and taught during Fitness Unit & Fitness Activities.</i>
Personal Hygiene	Personal hygiene keeps us clean and healthy. Germs can make us sick.	Personal Hygiene Hula Hoop Tag	Personal Hygiene	Personal hygiene keeps us clean and healthy. Germs cause illness and disease.	Personal Hygiene Hula Hoop Tag

Additional Resources:

[Health Topic Lesson updated 2025](#)

[Health Posters \(Schoolology\)](#)