Northside ISD
Physical Education

MODULES

Circuit Blitz Module

Circuit Training is designed to provide opportunities for the development of multiple physical fitness components, aligned with TEKS, through an exercise program that utilizes a circuit training approach and a variety of exercise training tools.

Flex Core Training Module

Flex-Core is designed to provide opportunities for the development of flexibility, strength and endurance of the core muscles, aligned with TEKS, through an exercise program that utilizes activities adapted from Yoga and Pilates.

Cardio High Tech Training Module

Cardio High Tech is designed to condition and monitor the fitness component of cardiovascular endurance and increase knowledge of training principles, prevention of coronary heart disease and the relationship towards overall wellness. This will be accomplished through the utilization of a variety of machines and equipment. The unit will meet the TEKS of physical activity and health standards.

Frisbee Activities Module

Frisbee Activities is designed to provide opportunities for students to develop skills that will help them successfully participate and enjoy Disc Golf and Ultimate Frisbee.

Fencing Module

Fencing is designed to teach a dual sport that can provide opportunities for participation as a lifetime sport. Instruction on the history, rules, movement patterns, and bouting strategies of Foil Fencing will be included. The unit will meet the TEKS of individual and dual sport standards.

Lacrosse Module

Lacrosse is designed to provide opportunities for the development of speed, agility, endurance, eye-hand coordination and finesse through a games approach model. The games approach model begins with modified and simplified games that emphasize discovering what to do first, then how to do it.

Rock Climbing Module

Rock Climbing students will have fun, gain technical skills and develop new insight into their own capabilities. This process will enhance student's kinesthetic awareness and physical abilities. Students will gain a unique sense of accomplishment and appreciation for both physical fitness and adventure activities.

Live to Cycle Module - Spinbikes

Live to Cycle module is designed to condition the fitness component of cardiovascular endurance and provide knowledge and experience of different training techniques utilizing Spin Cycles. Spin Cycle training simulates outdoor cycle riding on a specially designed stationary bicycle. The unit will meet the Texas Essential Knowledge and Skills physical activity and health standards.

Halo Ball Module

Halo Ball Module engages students in a fast-paced, team-based game that combines movement, strategy, and fun. Students work together to pass and shoot a ball into a central “halo” goal while staying active and constantly moving. This module promotes cardiovascular fitness, coordination, communication, and teamwork in a high-energy environment.

Tennis Activities Module

Tennis Activities and **Cardio Tennis** are designed to promote and develop the growth of Tennis. Skills learned will enable students to embrace an active lifestyle throughout their lives. Tennis stimulates the mind, body and emotions and fosters cooperative and competitive skill development. Studies indicate that Tennis cuts the risk of heart disease, helps foster sociability, mental focus, teamwork and discipline. It is also a great stress reducer and burns more calories than many other popular sports. All this can be achieved without limitations based on gender, physical size and age.

Omnikin Games and Kin-ball Module

Omnikin Games and Kin-Ball is designed to motivate participants into physical activity on a regular basis by offering innovative game concepts and products.

Wiffle Ball Module

Wiffle Ball is a modified striking and fielding activity that helps students develop hand-eye coordination, throwing accuracy, catching skills, offensive and defensive strategies, and teamwork. Through skill-building activities and game play, students will learn the fundamental rules, techniques, and strategies of wiffle ball while emphasizing sportsmanship, communication, and safe participation. This module provides an engaging environment for students of all skill levels to build confidence, improve movement skills, and enjoy recreational game play.

BOSU & Aerobic Risers Module

The BOSU Balance Trainer and Aerobic Risers Module is designed to enhance both physical and mental fitness. BOSU training integrates physical movement challenges with cognitive engagement, using the acronym BOSU, which stands for "BOth Sides Utilized." Additionally, aerobic riser training is included to improve cardiovascular fitness, coordination, and endurance through varied step routines. This unit meets the Texas Essential Knowledge and Skills (TEKS) standards for physical activity and health.

Golf Module

The Golf Module is designed to teach golf as a target game that requires hand-eye coordination, gross motor-skill coordination, fitness, decision-making, honesty, and etiquette. Lessons are activity-based, encouraging movement, skill development, and self-exploration.

Floor Hockey Module

Floor Hockey Module is a fast paced team sport that requires continuous movement, manipulative skills and strategies in order to score a goal. Skills learned in this module will transfer to the development and learning of other activities that require striking. The game rules are adaptable to meet the needs of the program regarding available space, class size, and ability levels. The module is designed to meet the Texas Essential Knowledge and Skills Team Sport section.

Spikeball Module

The Spikeball Module is a fun, fast paced roundnet game that was designed to motivate players to cooperatively and competitively play a 2 on 2 game. The curriculum also includes a fitness tabata routine with fun activities.

Team Handball Activities Module

The Team Handball Module is designed to provide opportunities for students to learn about the second most popular team sport in the world (next to soccer) and to develop skills that will help them successfully participate and enjoy Team Handball in the future.

Mountain Biking Module

The Mountain Biking Module is designed to take an individual with basic bicycle riding capabilities to an intermediate bicycle rider level. The rider will become a safe bicycle rider and become familiar with the Texas rules for riding bicycles on roadways and parkways. Students will learn how to use a bicycle as a safe fitness tool and as a means of transportation. Special trail handling skills and use of the bicycle as a fitness tool will be presented.

BucketGolf

BucketGolf is a target game that develops accuracy, control, strategy, and coordination through a golf-inspired experience using bucket targets. Students will practice striking skills, course etiquette, and sportsmanship while participating in engaging individual and team challenges.

Archery (NASP)

The Archery Module: As a result of this unit, the history, physical, emotional, and social benefits will be learned. In addition, safety strategies, skills, and archery techniques necessary to participate in and enjoy archery as a lifetime activity will be fully addressed.

Safe Routes to Schools Mountain Biking Module (NEFF)

The Mountain Biking Module is designed to take an individual with basic bicycle riding capabilities to an intermediate bicycle rider level. The rider will become a safe bicycle rider and become familiar with the Texas rules for riding bicycles on roadways and parkways. Students will learn how to use a bicycle as a safe fitness tool and as a means of transportation. Special trail handling skills and use of the bicycle as a fitness tool will be presented.

TFN Rock Climbing Module (Rayburn, Ross, Neff, Jones)

Rock Climbing students will have fun, gain technical skills and develop new insight into their own capabilities. This process will enhance student's kinesthetic awareness and physical abilities. Students will gain a unique sense of accomplishment and appreciation for both physical fitness and adventure activities.

Rookie Rugby Module

Rookie Rugby is a safe, non-contact version of the game designed for kids of all ages. This unit emphasizes Flag Rugby, which simulates actual rugby tackling while ensuring safety. It promotes offensive continuity through running, passing, and supporting, fostering both skill development and secure play.

Bowling Games

Bowling Games introduces students to the fundamental skills and strategies of bowling through a variety of engaging activities and challenges. Students will develop accuracy, coordination, and target skills while practicing sportsmanship, teamwork, and game strategy in a fun and inclusive environment.

Pickleball Module

The Pickleball Module is designed to teach pickleball as a cooperative game that requires hand-eye coordination, gross motor skill coordination, fitness, decision-making, honesty, and etiquette. Lessons are activity-based, encouraging movement, skill development, and self exploration.

SpeedStack Module

The SpeedStack Module is a fitness based sport that students from all backgrounds and abilities can do. Sport stacking promotes physical fitness, but also academic learning by the use of both their right and left sides of the brain.

Backyard Games

The Backyard Games module enhances student learning by incorporating classic, community-based activities into a structured educational format. It is designed to boost motivation, enjoyment, active participation, and learning through interactive and success-oriented approaches.

Backyard Bass

Backyard Bass is an engaging tool through which students will develop foundational casting skills in a fun and interactive environment. By practicing with a Casting Plug, students will aim for fish-shaped targets, creating an educational experience that is both enjoyable and skill-building.

Badminton

Badminton introduces students to the fundamental skills, rules, and strategies of net and wall games. Students will develop hand-eye coordination, agility, and movement skills while practicing serving, rallying, and shot placement in a fun, active, and sportsmanlike environment.