

Alignment of Texas Pre–Admission Content Test (PACT) Physical Education: Early Childhood–Grade 12 (758) Framework with Texas Essential Knowledge and Skills

This alignment study identifies the Texas Essential Knowledge and Skills that are addressed in whole or in part by each competency of the exam framework. An indication of alignment does not necessarily imply complete congruence of the content of an exam competency with the relevant standard. The information in this document is subject to change if revisions are made to the exam framework. Any changes will fully supersede the information contained in this document.

Competencies		Texas Essential Knowledge and Skills
Field 758: TX PACT: Physical Education: Early Childhood–Grade 12		Texas Essential Knowledge and Skills for Physical Education
<u>Content Domain I</u>		
GROWTH AND MOTOR DEVELOPMENT		
001	Understand stages and characteristics of human growth and development.	Elementary: n/a
		Middle School: n/a
		High School: n/a
002	Understand concepts and principles of anatomy and physiology as they relate to movement and physical fitness.	Elementary: n/a
		Middle School: n/a
		High School: 116.52 c 1 Movement. While participating in physical activity, the student applies physiological and biomechanical principles to improve health-related fitness.
003	Understand principles, sequences, and characteristics of motor development and motor learning.	Elementary: 116.2 b K2; 116.3 b 1.2; 116.4 b 2.2; 116.5 b 3.2; 116.6 b 4.2; 116.7 b 5.2 Movement. The student applies movement concepts and principles to the learning and development of motor skills.

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		<p>Middle School:</p> <p>116.22 b 6.2; 116.23 b 7.2; 116.24 b 8.2 Movement. The student applies movement concepts and principles to the learning and development of motor skills.</p>
		<p>High School:</p> <p>116.53 c 2; 116.54 c 2; 116.55 c 2; 116.56 c 2 Movement. The student applies movement concepts and principles to the learning and development of motor skills.</p>
<p><u>Content Domain II</u></p> <p>MOVEMENT ACTIVITIES</p>		
004	Understand fundamental movement concepts and skills and principles of biomechanics.	<p>Elementary:</p> <p>116.2 b K2; 116.3 b 1.2; 116.4 b 2.2; 116.5 b 3.2; 116.6 b 4.2; 116.7 b 5.2 Movement. The student applies movement concepts and principles to the learning and development of motor skills.</p> <p>116.3 b 1.1 Movement. The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.</p> <p>116.5 b 3.5 Physical activity and health. The student understands and applies safety practices associated with physical activities.</p>
		<p>Middle School:</p> <p>116.22 b 6.2; 116.23 b 7.2; 116.24 b 8.2 Movement. The student applies movement concepts and principles to the learning and development of motor skills.</p>
		<p>High School:</p> <p>116.53 c 2; 116.54 c 2; 116.55 c 2; 116.56 c 2 Movement. The student applies movement concepts and principles to the learning and development of motor skills.</p>

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005	Understand principles, techniques, skills, activities, organizational strategies, and safety practices for sports and recreational activities.	<p>Elementary:</p> <p>116.2 b k.1; 116.3 b 1.1; 116.4 b 2.1; 116.5 b 3.1; 116.6 b 4.1; 116.7 b 5.1 Movement. The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.</p> <p>116.2 b k.2; 116.3 b 1.2; 116.4 b 2.2; 116.5 b 3.2; 116.6 b 4.2; 116.7 b 5.2 Movement. The student applies movement concepts and principles to the learning and development of motor skills.</p> <p>116.2 b k.5 Physical activity and health. The student understands safety practices associated with physical activity and space.</p> <p>116.2 b k.6; 116.3 b 1.6; 116.4 b 2.6; 116.5 b 3.6; 116.6 b 4.6; 116.7 b 5.6 Social development. The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.</p> <p>116.2 b k.7; 116.3 b 1.7; 116.4 b 2.7; 116.5 b 3.7; 116.6 b 4.7 Social development. The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.</p> <p>116.3 b 1.3; 116.5 b 3.3; 116.6 b 4.3; 116.7 b 5.3 Physical activity and health. The student exhibits a health enhancing, physically-active lifestyle that improves health and provides opportunities for enjoyment and challenge.</p> <p>116.3 b 1.5; 116.4 b 2.5 Physical activity and health. The student knows and applies safety practices associated with physical activities.</p>

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		<p>Middle School:</p> <p>116.22 b 6.1; 116.23 b 7.1; 116.24 b 8.1 Movement. The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.</p> <p>116.22 b 6.2; 116.23 b 7.2; 116.24 b 8.2 Movement. The student applies movement concepts and principles to the learning and development of motor skills.</p> <p>116.22 b 6.6; 116.23 b 7.6; 116.24 b 8.6 Social development. The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.</p> <p>116.22 b 6.7 116.23 b 7.7; 116.24 b 8.7 Social development. The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.</p>

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	<p>High School:</p> <p>116.52 c 2 Social development. During physical activity, the student develops positive self-management and social skills needed to work independently and with others.</p> <p>116.53 c 1 Movement. The student demonstrates competency in two or more outdoor education activities such as backpacking, boating, camping, hiking, orienteering, water sports, or water safety certification.</p> <p>116.54 c 1 Physical activity and health. The student develops the ability to perform a level of competency in aerobic activities.</p> <p>116.54 c 4 Physical activity and health. The student understands and applies safety practices associated with aerobic activities.</p> <p>116.55 c 1 Movement. The student develops the ability to participate confidently in individual sports.</p> <p>116.55 c 3 Social development. The student understands the basic components such as strategies, protocol, and rules of individual sports.</p> <p>116.55 c 4 Physical activity and health. The student exhibits a physically active lifestyle that improves health and provides opportunities for enjoyment and challenge during individual sports.</p> <p>116.55 c 6 Social development. The student develops positive personal and social skills needed to work independently and with others in individual sports.</p> <p>116.56 c 3 Social development. The student understands the basic components such as strategies, protocol, and rules of structured physical activities.</p> <p>116.56 c 6 Physical activity and health. The student understands and applies safety practices associated with team sports.</p> <p>116.56 c 7 Social development. The student develops positive self-management and social skills needed to work independently and with others in team sports.</p>

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006	Understand principles, techniques, skills, activities, organizational strategies, and safety practices for rhythmic movement and dance; stunts, tumbling, and educational gymnastics; and cooperative, group, and adventure activities.	<p>Elementary:</p> <p>116.2 b k.1; 116.3 b 1.1; 116.4 b 2.1; 116.5 b 3.1; 116.6 b 4.1; 116.7 b 5.1 Movement. The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.</p> <p>116.2 b K2; 116.3 b 1.2; 116.4 b 2.2; 116.5 b 3.2; 116.6 b 4.2; 116.7 b 5.2 Movement. The student applies movement concepts and principles to the learning and development of motor skills.</p> <p>116.2 b k.5 Physical activity and health. The student understands safety practices associated with physical activity and space.</p> <p>116.2 b k.6; 116.3 b 1.6; 116.4 b 2.6; 116.5 b 3.6; 116.6 b 4.6; 116.7 b 5.6 Social development. The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.</p> <p>116.2 b k.7; 116.3 b 1.7; 116.4 b 2.7; 116.5 b 3.7; 116.6 b 4.7 Social development. The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.</p> <p>116.3 b 1.3; 116.5 b 3.3; 116.6 b 4.3; 116.7 b 5.3 Physical activity and health. The student exhibits a health enhancing, physically-active lifestyle that improves health and provides opportunities for enjoyment and challenge.</p> <p>116.3 b 1.5; 116.4 b 2.5 Physical activity and health. The student knows and applies safety practices associated with physical activities.</p>

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		<p>Middle School:</p> <p>116.22 b 6.1; 116.23 b 7.1; 116.24 b 8.1 Movement. The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.</p> <p>116.22 b 6.2; 116.23 b 7.2; 116.24 b 8.2 Movement. The student applies movement concepts and principles to the learning and development of motor skills.</p> <p>116.22 b 6.6; 116.23 b 7.6; 116.24 b 8.6 Social development. The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.</p> <p>116.22 b 6.7; 116.23 b 7.7; 116.24 b 8.7 Social development. The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.</p>

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	<p>High School:</p> <p>116.52 c 2 Social development. During physical activity, the student develops positive self-management and social skills needed to work independently and with others.</p> <p>116.53 c 1 Movement. The student demonstrates competency in two or more outdoor education activities such as backpacking, boating, camping, hiking, orienteering, water sports, or water safety certification.</p> <p>116.54 c 1 Physical activity and health. The student develops the ability to perform a level of competency in aerobic activities.</p> <p>116.54 c 4 Physical activity and health. The student understands and applies safety practices associated with aerobic activities.</p> <p>116.55 c 1 Movement. The student develops the ability to participate confidently in individual sports.</p> <p>116.55 c 3 Social development. The student understands the basic components such as strategies, protocol, and rules of individual sports.</p> <p>116.55 c 6 Social development. The student develops positive personal and social skills needed to work independently and with others in individual sports.</p> <p>116.56 c 3 Social development. The student understands the basic components such as strategies, protocol, and rules of structured physical activities.</p> <p>116.56 c 6 Physical activity and health. The student understands and applies safety practices associated with team sports.</p> <p>116.56 c 7 Social development. The student develops positive self-management and social skills needed to work independently and with others in team sports.</p>
<p><u>Content Domain III</u></p> <p>LIFELONG PHYSICAL FITNESS</p>	

Competencies		Texas Essential Knowledge and Skills
Field 758: TX PACT: Physical Education: Early Childhood–Grade 12		Texas Essential Knowledge and Skills for Physical Education
007	Understand principles and components of health–related physical fitness, including activities for promoting cardiorespiratory endurance, flexibility, muscular strength and endurance, and body composition.	<p>Elementary:</p> <p>116.6 b 4.3; 116.7 b 5.3 Physical activity and health. The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge.</p> <p>116.6 b 4.4; 116.7 b 5.4 Physical activity and health. The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.</p> <hr/> <p>Middle School:</p> <p>116.22 b 6.3; 116.23 b 7.3; 116.24 b 8.3 Physical activity and health. The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge.</p> <p>116.22 b 6.4; 116.23 b 7.4; 116.24 b 8.4 Physical activity and health. The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.</p>

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	<p>High School:</p> <p>116.52 c 1 Movement. While participating in physical activity, the student applies physiological and biomechanical principles to improve health-related fitness.</p> <p>116.52 c 4 Physical activity and health. The student applies fitness principles during a personal fitness program.</p> <p>116.52 c 5 Physical activity and health. The student comprehends practices that impact daily performance, physical activity, and health.</p> <p>116.53 c 3 Physical activity and health. The student exhibits a physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.</p> <p>116.53 c 4 Physical activity and health. The student knows the relationship between outdoor activities and health.</p> <p>116.54 c 3 Physical activity and health. The student exhibits a physically active lifestyle that improves health and provides opportunities for enjoyment and challenge through aerobic activity.</p> <p>116.55 c 4 Physical activity and health. The student exhibits a physically active lifestyle that improves health and provides opportunities for enjoyment and challenge during individual sports.</p> <p>116.56 c 4 Physical activity and health. The student exhibits a physically active lifestyle that improves health and provides opportunities for enjoyment and challenge through team sports.</p> <p>116.56 c 6 Physical activity and health. The student understands and applies safety practices associated with team sports.</p>

Competencies		Texas Essential Knowledge and Skills
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008	Understand principles, procedures, and resources for developing and maintaining physical activity/fitness and weight management plans.	<p>Elementary:</p> <p>116.6 b 4.3; 116.7 b 5.3 Physical activity and health. The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge.</p> <p>116.6 b 4.4; 116.7 b 5.4 Physical activity and health. The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.</p> <p>Middle School:</p> <p>116.22 b 6.3; 116.23 b 7.3; 116.24 b 8.3 Physical activity and health. The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge.</p> <p>116.22 b 6.4; 116.23 b 7.4; 116.24 b 8.4 Physical activity and health. The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.</p>

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	<p>High School:</p> <p>116.52 c 1 Movement. While participating in physical activity, the student applies physiological and biomechanical principles to improve health-related fitness.</p> <p>116.52 c 4 Physical activity and health. The student applies fitness principles during a personal fitness program.</p> <p>116.52 c 5 Physical activity and health. The student comprehends practices that impact daily performance, physical activity, and health.</p> <p>116.53 c 3 Physical activity and health. The student exhibits a physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.</p> <p>116.53 c 4 Physical activity and health. The student knows the relationship between outdoor activities and health.</p> <p>116.54 c 3 Physical activity and health. The student exhibits a physically active lifestyle that improves health and provides opportunities for enjoyment and challenge through aerobic activity.</p> <p>116.55 c 4 Physical activity and health. The student exhibits a physically active lifestyle that improves health and provides opportunities for enjoyment and challenge during individual sports.</p> <p>116.56 c 4 Physical activity and health. The student exhibits a physically active lifestyle that improves health and provides opportunities for enjoyment and challenge through team sports.</p> <p>116.56 c 6 Physical activity and health. The student understands and applies safety practices associated with team sports.</p>