



# Anthony Middle School

Teacher: Alberto Villaobos

Subject: Physical Education and Health Syllabus

## First Semester

### 1<sup>st</sup> Nine Weeks

#### Unit 1. Exercise/Fitness/Class Procedures

TEKS: 8.5A, 8.5B, 8.5C, 6.1A, 8.1A, 6.1F, 6.2A, 6.3B, 6.4A, 8.3D

#### Unit 2. FitnessGram

TEKS: 6.1K, 8.1G, 8.5A, 8.5B, 8.5C, 6.1F, 6.2A, 6.2B, 6.3C, 6.3D, 8.3D, 8.4B

#### Unit 3. Volleyball/Net Games

TEKS: 6.1A, 6.1B, 6.1G, 6.1J, 6.2C, 6.3A, 8.1A, 8.1F, 8.1G

#### Unit 4. Flag Football

TEKS: 6.1C, 6.D, 6.1F, 6.1K, 8.1B, 8.1F, 8.1G, 8.2A

### 2<sup>nd</sup> Nine Weeks

#### Unit 5. Flag Football (continued)

TEKS: 6.1C, 6.D, 6.1F, 6.1K, 6.2C, 8.1F

#### Unit 6. Basketball

TEKS: 6.1D, 6.1I, 6.1K, 6.2C, 6.3A, 8.1A, 8.1F

#### Unit 7. Hockey/Golf

TEKS: 6.1D, 6.1H, 6.1K, 6.2C, 8.1A, 8.1F, 8.1G

## **Second Semester**

### **3<sup>rd</sup> Nine Weeks**

Unit 8: Fitness/Exercise/Weight Lifting

TEKS: 6.1C, 6.1E, 6.3B, 8.3F, 8.3G

Unit 09: Kickball/Track

TEKS: 6.2B, 6.2C, 6.4B, 8.1G, 8.2A, 8.4B

Unit 10: Baseball/Softball

TEKS: 6.1F, 6.3A, 8.1A, 8.1G, 8.2A

### **4<sup>th</sup> Nine Weeks**

Unit 11. Baseball/Softball (Continued)

TEKS: 6.1F, 6.3A, 8.1G, 8.2A

Unit 12. FitnessGram **END OF THE YEAR**

TEKS: 6.2A, 6.2B, 6.3B, 6.3C, 6.3D

Unit 13. Soccer

TEKS: 6.1C, 6.1I, 6.1K, 6.2C, 8.2A, 8.2B