



Anthony High School

Teacher: Stephenson, Michael

Subject: High School PE

First Semester

1st Nine Weeks

Unit 1. Demonstrate consistency using all the basic offensive skills of a sport while participating in a game and or activities.

TEKS: TS 1.A

Unit 2. Demonstrate consistency using all the basic defensive skills of a sport while participating in a game and or activities.

TEKS: TS.1.B

Unit 3. Describe appropriate practice procedures to improve skill and strategy in an activity

TEKS TS.2.B

Unit 4 Participate regularly in team and individual sports

TEKS TS.6.D

Unit 5. Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility and body compositions. (FITNESS GRAM)

TEKS: TS.4.B

2nd Nine Weeks

Unit 1. Demonstrate consistency using all the basic offensive skills of a sport while participating in a game and or activities.

TEKS: TS 1.A

Unit 2. Demonstrate consistency using all the basic defensive skills of a sport while participating in a game and or activities.

TEKS: TS.1.B

Unit 3. Describe appropriate practice procedures to improve skill and strategy in an activity

TEKS TS.2.B

Unit 4 Participate regularly in team and individual sports

TEKS TS.6.D

Unit 5. Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility and body compositions. (WEIGHTS AND CONDITIONING)

TEKS: TS.4.B

Second Semester

3rd Nine Weeks

Unit 1. Demonstrate consistency using all the basic offensive skills of a sport while participating in a game and or activities.

TEKS: TS 1.A

Unit 2. Demonstrate consistency using all the basic defensive skills of a sport while participating in a game and or activities.

TEKS: TS.1.B

Unit 3. Describe appropriate practice procedures to improve skill and strategy in an activity

TEKS TS.2.B

Unit 4 Participate regularly in team and individual sports

TEKS TS.6.D

Unit 5. Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility and body compositions. (WEIGHTS AND CONDITIONING)

TEKS: TS.4.B

4th Nine Weeks

Unit 1. Demonstrate consistency using all the basic offensive skills of a sport while participating in a game and or activities.

TEKS: TS 1.A

Unit 2. Demonstrate consistency using all the basic defensive skills of a sport while participating in a game and or activities.

TEKS: TS.1.B

Unit 3. Describe appropriate practice procedures to improve skill and strategy in an activity

TEKS TS.2.B

Unit 4 Participate regularly in team and individual sports

TEKS TS.6.D

Unit 5. Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility and body compositions. (FITNESS GRAM)

TEKS: TS.4.B