

Fabens Middle School



P.E. Course Syllabus

Overview

Our Physical Education and Wellness Program is designed to develop the mental, emotional, physical, and social aspects of living necessary for a happy and productive life. Students are introduced to the fundamentals of team and individual sports, which include skills, rules, and game strategy, as well as physical fitness, basic health issues and life skills. Emphasis in the program is placed on providing an opportunity for individual growth and success. Students will be required to participate in the Fitness Gram physical fitness test each semester.

Course Goals

- To create and maintain physical and mental fitness.
- To develop a basic knowledge of skills, strategies, and sportsmanship.
- To encourage growth through interaction with others in individual and team activities.
- To develop leadership skills, encourage the proper care of personal and school property, and to respect the rights of other students.
- To develop a basic knowledge of health and wellness.
- To instill an attitude of worthy use of leisure time through activity at school, home, and in the community.

Student Expectations

Students are expected to develop to the best of their ability. For students to be successful, they must accept the major responsibility for their development. They must be willing to learn and work hard, and to cooperate fully with others. The purpose of the program is to assist the students in their efforts to develop to their highest potential.

Materials

Student will need:

- Combination/Key lock (optional)
- Composition notebook
- T-shirt, shorts/warm-ups and tennis shoes.

Grading Procedures

Each physical education or wellness unit will be 3 to 6 weeks in duration depending on the activities. Evaluation methods may include, but are not limited to, teacher observation (rubric), written and skills test, as well as physical fitness testing. If, for any reason of illness, other medical reason, exemption from the life skills class, or student misses the unit and the instructor cannot justify a grade for the student, the student will be given sports or health related articles to be completed to satisfy their grade. Students in danger of failing will have a conference with the teacher. Progress reports will be sent home every three weeks to keep the parents informed of their child's progress.

Assessment (a scoring rubric is use to assess these components)

Skill Competencies Development	20 %
Knowledge and Application	25%
Participation	25%
Social Development	15%
Nine Weeks Exam	15%

Skill Competencies Development includes daily log-ins or/and skill check lists that are to be completed before class.

Knowledge and Application includes quizzes over information learned throughout the week, fitness test and notebook check.

Social Development includes attitude, cooperation with teacher and students, leadership abilities, and following directions.

Participation includes proper attire, shoes, shorts, and tennis shoes. As well as class showing class effort throughout the entire class time.

Rules:

- Be positive, friendly and participate in all activities
- Cell phones are STRICTLY prohibited in the gym AND locker rooms. (They must remain in backpacks AT ALL TIMES)
- Encourage and praise others
- Be a good follower and a good leader
- Use equipment properly and safely
- Arrive to P.E ready for physical activity.

Safety:

- No food or drinks will be allowed in locker room or gym, with the exception of water bottles.
- No gum or candy.
- Students must receive permission before leaving the gym, playing field or locker room areas.
- Please report ALL injuries to the instructors.
- Horseplay is absolutely, positively not allowed and will not be tolerated

Consequences/Teacher Actions:

- Verbal Warning
- Student/Teacher Conference
- Parent/ Teacher Conference
- Office Referral

Rewards:

- Praise
- Earned rewards
- Positive phone call or card sent home

Special Health Conditions

Any health conditions requiring special modifications must be reported to our school nurse in writing. She will then give me a copy of the doctor's orders. Please request a note from the doctor to specify the state of what the student can/cannot do and the nature of their illness (Asthma, Heart Palpitations, Diabetes, blood diseases, etc.). This also goes for when students have seen the doctor for illnesses such as the common cold or flu. If a note is not provided, the student will not receive credit for that class. Whenever a student is ill or injured for a longer period of time, I will assign the student to write a report based on the unit we are doing.

Instructors Information: Coach Candelaria

email address: acandelaria@fabensisd.net

Parent/Guardian:

In order to ensure that you are aware of the requirements, rules and procedures of your child's participation in the course, please read the course syllabus and discuss it with your child. Once you have done so, please sign in the appropriate section below and have your child return **only** this form to me.

Thank you,

Alexys Candelaria

6th Grade PE Teacher

Student Name (please print): _____ Period: _____

I have read and understand the Phys. Ed. course syllabus. I understand all of the class policies and procedures.

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____