

Middle School Physical Education Syllabus

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Course Description: This physical education course is designed to promote physical fitness, teamwork, and sportsmanship among middle school students. Students will engage in various physical activities and games while developing fundamental skills and an understanding of healthy living, communication, and social and personal wellbeing.

Course Schedule

Class Days: Blue Days (Mondays, Tuesdays, & Thursdays) and Gray Days (Mondays, Wednesdays, & Fridays)

Class Times

Falcon Day (Mondays)		Tuesdays & Thursdays		Wednesdays & Fridays	
1 st Period	8:50 – 9:30	1 st Period	9:05 – 10:35	5 th Period	9:05 – 10:35
2 nd Period	9:35 – 10:15	2 nd Period	10:40 – 12:10	6 th Period	10:40 – 12:10
4 th Period	11:05 – 11:45	4 th Period	2:20 – 3:50	8 th Period	2:20 – 3:50
5 th Period	11:50 – 12:30				
6 th Period	2:25 – 3:05				
8 th Period	3:10 – 3:50				

Class Location: The Gymnasium G101

Class Requirements:

- Uniform:** All students are required to have a PE uniform. Students must dress out in their PE uniforms on Tuesdays through Fridays. Uniforms must be clean, appropriate, and in good condition. Students are also required to have a separate lock from the one they have in the cluster for their gym locker, as well as any personal hygiene items. Shoes for gym are not required, but students are not excused from their running grade if they choose not to have appropriate shoes for PE.
- Attendance and Participation:** Regular attendance and active participation are essential components of this class. Students are expected to be punctual and actively engage in all class activities. Students only receive a participation grade if they are actively engaging in the classroom activities throughout the entire activity.
- Classroom Materials:** Student should bring their Chromebooks with them to class only on Mondays for their Everfi Lessons. Other than that, no electronic devices (cell phones, tablets, gaming systems, headphones) are permitted in class at any time. Students are not allowed to bring backpacks, purses, notebooks or anything else that does not pertain to PE to class with them. They are only to bring their gym uniform and personal hygiene products excluding anything in a glass bottle or any type aerosol container.

4. Grading:

Health Grade – Mondays

- EVERFI Lessons: Points per lesson = 100 divided by the number of lessons that day.
 - Example – 3 lessons = 33 points each = $100/3$
- Passing the lessons requires a score of 70 or above to get you full credit for that lesson.
- ❖ Health grades are weighted at 30% of the final grade.

Participation Grade – Tuesday - Friday

- Dressing Out: 10 points
- Daily Running: 45 points
- Participation in Activity of the Day: 45 points
- **Total Points Possible:** 100 points per class
- ❖ Participation grades are weighted at 70% of the final grade.

Activity Calendar

- **August 28 – September 1:** Rules & Safety | Nukem
- **September 4:** Labor Day (No School)
- **September 5 – September 15:** Volleyball
- **September 18 – 29:** Mattball
- **September 25:** Fall Holiday (No School)
- **October 2 – 13:** Soccer & Basketball
- **October 16 – 27:** Fitness Gram
- **October 30 - November 10:** Dodgeball
- **November 13 – 17:** Longbase
- **November 20 – 24:** Thanksgiving Holiday (No School)
- **November 27 – December 1:** Longbase Continued
- **December 4 – 15:** Capture The Flag
- **December 18 – 22:** Stations
- **December 23 – January 8:** Winter Break (No School)

Class Overview

This course will provide students with a diverse range of physical activities and games, allowing them to develop skills in coordination, teamwork, and strategy. Through the activities listed on the calendar, students will have the opportunity to engage in both team and individual sports, fostering a well-rounded understanding of physical fitness.

Course Objectives:

1. Develop fundamental skills in various sports and activities.
2. Promote teamwork, cooperation, and good sportsmanship.
3. Improve cardiovascular endurance through running activities.
4. Encourage active participation and engagement in physical activities.
5. Gain an understanding of the importance of regular physical exercise for overall health.
6. Helping students to students develop and exhibit appropriate social interaction and accept individual challenges of self-management skills to persevere positivity during games, sports, and activities.

Classroom Expectations:

1. **Behavior Expectations:** Students are expected to follow class rules, show respect for peers and instructors, adhere to safety guidelines during all activities. They are expect to abide by the responsibilities and regulations as outlined in the [Houston ISD Student Code of Conduct](#).
2. **Late Work:** Assignments and dress-out points cannot be made up for missed classes. If you are unable to participate due to a medical condition, a note from a doctor is required.
3. **Communication:** If you have any questions or concerns, please contact the student's coach via email or during our office hours.
4. **EVERFI Lessons:** On most Mondays, students will complete EVERFI lessons through Clever. These lessons contribute to a portion of the final grade.
5. **Uniform Maintenance:** PE uniforms must be kept clean and in good condition. Failure to comply may result in point deductions.
6. **Classroom Presence:** Students are not permitted to go into the locker room outside of the designated dress out times or to leave the gym at any time without permission. Students late to class must have a pass from their previous teacher. If a student would like to go to another teacher during our class, they must FIRST report to PE and ask THEIR PE teacher of record for permission, and if the teacher permits, they may go at that time.

Class Daily Schedule

Tuesday - Friday

1. First 15 Minutes – Warm up – Walk & Talk
 - Perform the warm-up for the full 10-minute warm up period.
 - Students not dressing out – Go straight to walking your laps.
 - Students dressing out – Go straight to the locker room, get changed, and **be out before the 15 minute warm up is over!**
2. 5 Minutes – Stretching
 - Students will find a place along the wall to perform the class stretches.
3. 10 Minutes – Do Now
 - Students that want to may participate in the do now (basketball, soccer, volleyball, throwing the nerf football and racquet activities) if they choose to. All other students not participating will sit out to the side.
4. 5 Minutes – Attendance
 - Students will go their assigned seat for 5 minutes so we can take attendance.
5. 15 Minutes – Daily Running (Blue Days - Timed Running) (Gray Days – Relay Races)
 - Blue Days - Students will do as many laps as they can in 10 minutes.
 - Gray Days – Students will participate in relay races (4x1 & 4x2 or around the cone relays)
6. 30 Minutes - Activity of the Day
 - Students will participate in whatever the activity of the day is.
7. Last 15 Minutes – Dressing Out
 - Students will get dressed back out into their Rice School Uniform.
 - Students not getting dressed will have a seat until the bell rings.

Discipline Guidelines:

Discipline shall be administered when necessary to protect students, school employees, or property and to maintain essential order and discipline. When a student violates the classroom rules and or procedures the following consequences may be imposed but not in any particular order.

- Oral correction
- Redirection
- Proximity
- Provide opportunities for students to practice expected behavior
- Other appropriate in-class disciplinary actions
- Reduction in conduct grade
- Parent contact
- Counselor Referral
- Office Referral
- Administrator/student/parent/teacher conference

For the majority of disciplinary infractions students will receive:

1. A warning
2. Classroom disciplinary action
3. Parent Contact
4. Office Referral

* The teacher reserves the right, at their discretion, to do what's in the best interests of protecting student/teacher safety, the classroom environment, and what's in the best interests of the student's growth and development.

Behaviors that will not be tolerated:

The following behaviors will not be tolerated and may be addressed with immediate consequences.

- Bullying
- Fighting
- Horseplay
- Blatant disregard for classroom safety
- Skipping class or leaving class without permission
- Making fun of other students
- Inappropriate Language
- Display of disrespect toward school personnel or campus visitors (HISD Student Code of Conduct page 8)

Disciplinary responses will be handled on a case-by-case basis. Factors that determine the disciplinary response will be based on but not limited to: the severity of the infraction; previous student behavior (multiple warnings/offences); threat to student/teacher safety; level of classroom disruption; students willingness to cooperate with the teacher; willingness to acknowledge wrong behavior and agree to doing the appropriate behavior.

Note: This syllabus is subject to change, and any modifications will be communicated to students in advance.

By participating in the class, students agree to adhere to the outlined policies and requirements. We look forward to an active and engaging semester of physical education!

Sincerely,

The Rice School Physical Education Department