

## *Middle College HS at Fraga*

### *Physical Education Syllabus*

**Teacher: Ms. Alexandra Morgan**

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**832-287-1864**

**Location: Room 258**

**Objective:** To promote a lifetime of physical fitness, acquire knowledge and skills that enhance the of whole body physically, mentally, emotionally, and socially. To build relationships and understanding of lifetime activities that can be exhibited throughout their lives.

#### **Class Requirements:**

- Athletic Wear of your choice (**Your option to dress out or not**)
- **NO** Hats
- **NO** Uniform is for purchase
- Positive Attitude/ Completion of Assignments

#### **Class Rules:**

- Participate Everyday
- Be on time for class and dismissal will be by the teacher
- **NO** Food or Drink (except Water), No gum will be allowed in the classroom
- **NO** Cellphones unless it is for a class assignment
- Do not play with any equipment until instructed by the teacher
- Attendance will be taken in team lines
- All Campus, District, HCC policies will be enforced

#### **Grading:**

- Every Student will begin the 6 weeks with 100 points
- 50% of the grade is Test (skills), Written Assignments, Projects
- 50% of grade is Participation
- Grade 0 will be given for refusing to Participate

**Dress Out Rules:**

- Students will have 10 minutes to dress for class (Dressing out should be done during transition period)
- Students will have 10 minutes to dress at the end of the class
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