



Stillman Middle School

2977 W. Tandy Road
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**PHYSICAL EDUCATION/ATHLETICS
COURSE SYLLABUS**

2020-2021

TEACHER

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COURSE DESCRIPTION:

Physical Education

The Physical Education program provides each student with the opportunity to participate in a comprehensive program consisting of skill development, lead up games, team sports, and physical fitness activities. The students receive instruction in rules, skills, and strategies associated with the different sports as well as learning experiences involving physical conditioning activities. The students will also have opportunities to become involved in life-long physical activities through individual sport units. The program promotes the spirit of cooperation, leadership, fair play, and friendly competition.

Athletics

The Athletics class is designed to enable Stillman students the opportunity to develop their strength, speed, endurance, coordination and agility while participating in school sports and off-season work-outs. Correct skill acquisition will also be covered. The purpose of the class is to increase the athletic ability of each student while improving the competitiveness of Stillman's athletic programs.

In addition, the Athletics class provides the opportunity for Stillman student athletes to build unity, individual pride, team/sport program pride, facility pride, and camaraderie with their fellow teammates.

COURSE STANDARDS:

Importance of Physical Education and Athletics Class:

National Standards for Physical Education: A physically educated person:

- 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- 3:** Participates regularly in physical activity.
- 4:** Achieves and maintains a health-enhancing level of physical fitness.
- 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- 6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

VIRTUAL INSTRUCTION

DRESS OUT/PARTICIPATION

Students are required to dress out : T-shirt, shorts and tennis shoes

-Shorts are to have a minimum of 5" inseam

-Workout pants are allowed

-Shirts are to be appropriate **NO** v- necks, obscene shirts, crop tops, sleeveless

-Socks are to be worn

FACE TO FACE INSTRUCTION

CLASSROOM RULES/CONSEQUENCES:

Rules:

1. Students should be on time to class every day.
2. Students should respect teachers and other students.
3. Horseplay will not be tolerated.
4. Every day students should be prepared for class with a T-shirt, shorts, and tennis shoes.
5. Food, gum or drinks (except water) are not permitted in the gym.
6. Equipment should not be used without a teacher's permission for safety reasons.

Discipline Plan :

1. 1st Offense: Warning-Redirect; Document on E-School Plus
2. 2nd Offense: Teacher/Student Conference; Parent Notification; Document on E-School Plus
3. 3rd Offense: Team ITS/Counselor Referral; Document on E-School Plus
4. 4th Offense: Team/Parent Conference; Document on E-School Plus
5. 5th Offense: Office Referral; Document on E-School Plus

REQUIRED MATERIALS: **DRESSING OUT WILL BE SUBJECT TO CHANGE DEPENDING ON DISTRICT APPROVAL**

Physical education:

- Students are required to dress out : T-shirt (black, burnt orange, or white), shorts and tennis shoes
- Shorts are to have a minimum of 5” inseam
- Workout pants are allowed
- Shirts are to be appropriate (no v-necks, obscene shirts, or school uniforms)
- Socks are to be worn
- Locks are required (preferably Master lock)
- Clothing/equipment bags are to be a mesh bag
- All existing medical conditions should be cleared through the school nurse prior to first period.

****Athletics****

- 7th and 8th grade athletes must have a completed athletic packet before participation in the class is allowed. If paperwork is not completed within a week of enrolling in the class, the athlete will be transferred into a physical education class.
- 6th graders are exempt from the athletic packet requirement.
- Clothing/equipment bags are to be in a mesh bag
- **All existing medical conditions should be cleared through the school nurse prior to first period.**

Girls Athletics

- 7th and 8th grade athletic class students must wear a burnt orange or TX orange t-shirt, black shorts (no more than 3 inches above the knee), socks and tennis shoes.
- 6th grade athletic class students must wear a t-shirt (black, TX orange, or white), shorts, socks and tennis shoes.

Boys Athletics: 6th 7th and 8th grade

- 7th and 8th grade athletic class students must wear a burnt orange or TX orange t-shirt, black shorts), socks and tennis shoes.

GRADING:

2020-2021 Secondary Grading Procedures

Attendance: p. 10

Make-Up & Late Work Policy p. 13-15

Academic Dishonesty/Cheating p. 21

Middle School Courses: Six Weeks Grades p. 27-34

1. Major assessments are sixty percent (60%) of the grade. This must include a **minimum of three assessments** per six weeks. Examples of major assessments include, but are not restricted to: reports, research papers, tests and projects. Projects and/or subjective assignments will contain a rubric with clearly defined criteria.
 2. Daily Grades (minor assessments) are forty percent (40%) of the grade. These must include a **minimum of five daily (minor) grades** per six weeks. Quizzes, assignments, homework, and notebooks may be considered daily assessments.
- **PE/Athletics-** daily assessments consist of: daily participation, dressing out, and reports.

ELECTRONIC DEVICES

When electronic devices are not being used for educational purposes, they must remain in student's backpacks and **turned off** at all times (including morning in the courtyard). Electronic devices that are not in backpack(s) will be picked up and turned in to the office. **NO EXCEPTIONS**

Electronic devices turned into the office must be picked up by a parent/guardian.

Absolutely NO ONE is allowed to take pictures or record anyone at any time.

Students are allowed to turn on their cell phones afterschool.

PE/Athletics: All electronic devices must be **locked up** in the lockers and not be taken out into the gym or used in the dressing room. **Teachers will not be liable for the electronics devices that are not secured.**

COURSE CONTENT CALENDAR

1st Six Weeks: Rules, Procedures, Safety, Injuries, Lockers, Grades

Fitness and Conditioning

Fitness gram

Team Sports

2nd Six weeks: Fitness and Conditioning

Team Sports

Leisure Lifetime Sports

3rd Six Weeks: Fitness and Conditioning

Team Sports

Leisure Lifetime Sports

4th six Weeks: Fitness and Conditioning

Fitnessgram

Team Sports

Leisure Lifetime Sports

5th Six Weeks: Fitness and Conditioning

Team Sports

Leisure Lifetime Sports

6th Six Weeks: Fitness and Conditioning

Team Sports

Leisure Lifetime Sports

****Activities are dependent upon weather and space availability****