

# Physical Education Syllabus

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Conference: 12:15 pm-1:27 pm

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Welcome to Physical Education at Della Icenhower Intermediate. We incorporate health and physical education in a combined setting using a variety of methods including practical health lessons, camouflaged fitness activities, and student-selected games. Game choices will change throughout the year and will include team handball, volleyball, flag football, basketball, pickleball, and many others.

## Objectives:

- To promote positive attitudes towards health, hygiene, and wellness;
- To develop a sense of fair play and sportsmanship;
- To develop psycho-motor skills through a range of relevant movement based activities.

## Requirements/Materials:

Uniforms: *Each child is required to dress out for PE.*

- PE uniform (\$10/shirt \$10/shorts + tax) (online ordering @ [tiny.cc/uniforms19](http://tiny.cc/uniforms19)) OR
- Black or blue shorts, white or gray t-shirt
- Athletic tennis shoes
- 08/26 first day of dressing out (date subject to change)
- *Not changing into the proper uniform/colors/shoes will result in a 4 pt deduction of student's Dressing Out daily grade*

## Lockers:

- Will be issued to each student.
- Students are required to lock everything in their locker while participating in P.E.
- Students must remove all items from their P.E. lockers because the other classes will be using the same lockers.

## Resources:

- Health and Wellness Texas Textbook  
Meeks, Linda, and Philip Heit. Macmillian/McGraw-Hill, 2006.
- Weight room

## Course Calendar/Schedule:

1<sup>st</sup> six weeks Mental, Emotional, Family, and Social Health

2<sup>nd</sup> six weeks Growth and Nutrition

3<sup>rd</sup> six weeks Personal Health and Safety

4<sup>th</sup> six weeks Drugs and Disease Prevention

5<sup>th</sup> six weeks Community and Environmental Health

6<sup>th</sup> six weeks Systems of the Body

\*Recreational games and Aerobic activity will occur throughout the year

\*FitnessGram testing occurs in the 2nd semester

## **Class rules**

### Be Safe

- Keep hands, feet, and other objects to yourself.
- **No lotion or body spray** is permitted in the gym or locker room.
- All jewelry must be removed during activity time

### Be Kind

- Talk only at appropriate times.
- Avoid verbal/nonverbal "Fouls"

### Be Active

- Give 100% participation/effort everyday

### Be Responsible

- Avoid tardies
- Bring PE uniforms and shoes to class every time.
- **ONLY** water is allowed in the gym and locker room; no candy or drinks other than water.
- **All items must be removed from the locker after each class.**
- **NO cell phones in gym and/or locker room**

## **Class Participation:**

Active participation is essential to receive a passing grade. Students are expected to give their best effort in PE in each class.

## **Missed Exams/Assignments:**

If your child is sick or unable to participate on a day that he/she has PE they are required to bring a note from a parent in order to be excused. If your child is unable to participate for **two consecutive PE days a note from the doctor is required.**

## **Grading:**

50% Participation (daily grade)

50% Dressing out (daily grade)

**No Pass No Play Policy** states that students who are not passing will not be able to participate in club competitions, track meets, basketball tournaments, school socials, etc.

*Please sign in acknowledgement of the  
Requirements (uniforms/lockers) and Class Rules  
for your student and return to a PE teacher.*

*Student Name:* \_\_\_\_\_

*Parent Signature:* \_\_\_\_\_