

PHYSICAL EDUCATION SYLLABUS



Location : BIG GYM/ SMALL GYM

Teachers:

Coach Cobbin - dcobbin@dallasisd.org

Coach Cochran - mcochran@dallasisd.org

Coach Hunter - carhunter@dallasisd.org

Course Overview

Physical Education is a planned, sequential curriculum that is based on the Texas Essential Knowledge and Skills (TEKS) for each grade level. Quality Physical Education can provide students with the ability and confidence to be physically active for a lifetime. All Physical Education students must participate in moderate to vigorous physical activity for at least 50% of instructional time. Students who are enrolled in our courses will learn the importance of being physically active, and the role that proper diet and nutrition plays in their overall health. All courses include the major concepts of movement, physical activity, personal health, and social development.

Class Materials

- Rubber bottom or athletic shoes
- Comfortable clothes (you may get sweaty)
- Composition book
- Great attitude to be physically active

Grading

- Participation is key
- DISD grading policy

Classroom Expectations

ONE STANDARD THE DRAGON WAY

Be Prompt: on time and ready to learn
Be Prepared: with all classroom materials
Be Polite: to yourself and to others
Be Productive: engage in the learning

Topics Covered

Lifetime Fitness and Wellness Pursuits : The purpose of this course is to motivate students to strive for lifetime personal fitness. (Personal Fitness)

Skilled-based Lifetime Activities: The purpose of this course offers students the opportunity to demonstrate mastery in basic sports or skills. (Basic fundamentals of skills)

Lifetime Recreation and Outdoor Pursuits: The Lifetime Recreation and Outdoor Pursuits course provides opportunities for students to develop competency in five or more lifelong recreational and outdoor pursuits for enjoyment and challenge.

Class Procedures

- 1) Enter classroom from the designated entrance assigned by the instructor
- 2) Put on appropriate attire for class (Clothing, shoes, etc)
- 3) Sit on designated spots assigned by instructor (Seating Chart)
- 4) Go over students expectations, learning objectives and student outcomes
- 5) Words for the Week (cross content words)
- 6) Warm Up
- 7) Demonstrations of task
- 8) Activity
- 9) Clean up
- 10) Back on designated spots 5 mins before bell for closure (exit ticket/ journal)

Consequences

- 1) Warning
- 2) Student teacher conference
- 3) Teacher parent Call
- 4) Teacher parent conference
- 5) Reset Recommendation

