



[PE/25-26/HS/MS] Instructional Plan

August 13, 2025

Contact Information

Teacher Name: Coach Jones

Email: debbie.jones2@midlandisd.net

Phone: (432) 923-9670

WHAT IS Physical Education?

Physical Education (PE) is the study and practice of activities that develop physical fitness, motor skills, and an understanding of the value of an active, healthy lifestyle. It involves structured physical activities, such as sports, exercise, and fitness training, combined with knowledge about human movement, health, and wellness.

WHAT IS THE AIMS AND OBJECTIVES

Aims and Objectives

- **Promote physical fitness** and overall health.
- **Develop motor skills** and coordination through varied activities.
- **Encourage positive attitudes** toward regular exercise and active living.
- **Teach teamwork, fair play, and leadership** through group activities and sports.
- **Provide knowledge** about anatomy, physiology, nutrition, and injury prevention.

COURSE DESCRIPTION

This course introduces students to the principles, skills, and practices that promote physical fitness, health, and overall well-being. Through a combination of physical activities, such as sports, fitness exercises, and recreational games, and classroom learning, students will develop motor skills, improve endurance and strength, and understand the importance of maintaining an active lifestyle. Topics include anatomy and physiology of movement, nutrition, injury prevention, teamwork, and strategies for lifelong wellness. The course encourages discipline, cooperation, and personal goal-setting while fostering an appreciation for physical activity as an essential part of daily life.



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Below you will find descriptions of the most common activities that students will participate in during the course of each semester.

Throughout the year, students will:

- Improve fitness through strength, flexibility, and endurance exercises.
- Learn and practice skills in individual and team sports.
- Participate in recreational and outdoor activities.
- Explore health topics such as nutrition, safety, and injury prevention.

GRADES - Click here for → [YWLA Grading Policy](#)

Major (Test, Projects, Writing)	60%
Minor (Notes, Daily Work)	40%

Classroom Resources (examples below)

- **Gymnasium and outdoor sports facilities**
- **Sports equipment (balls, nets, rackets, mats, etc.)**
- **Fitness and training tools (stopwatches, resistance bands, jump ropes)**
- **Health and wellness materials (charts, handouts, digital presentations)**

Please feel free to reach out with any questions or concerns. We are excited to work together to make this a successful year of learning!
