



# Physical Education Instructional Plan: 25-26 Year

## Course Overview

Welcome to Physical Education! This course plays a vital role in the educational development of students by promoting lifelong physical activity, building motor skills, encouraging teamwork, and fostering social responsibility. Students will engage in activities that improve physical fitness, coordination, and healthy decision-making, all in alignment with the Texas Essential Knowledge and Skills (TEKS) standards.

## Contact Information

Teacher Name: Coach Garza & Coach Bea

Email: hannah.garza@midlandisd.net

Phone: (432)240-7600

## Classroom Expectations

Students are expected to:

- Follow directions the first time given.
- Show respect to self, others, and equipment.
- Participate to the best of their ability.
- Demonstrate good sportsmanship and teamwork.

School-wide Expectations:

- **Be Respectful** – Listen when others are speaking.
- **Be Responsible** – Come prepared and ready to participate.
- **Be Safe** – Follow all safety guidelines and stay in your assigned area.

Expectations will be modeled, practiced, and reinforced daily. Students who do not meet expectations will receive redirection, a conference with the teacher, and if necessary, communication home or a behavior referral.

## Attendance Policy & Its Importance

Consistent attendance is essential to mastering physical education skills and building stamina, strength, and coordination over time. Each class builds on the last, and missing lessons may impact your child's ability to meet performance standards. In addition, regular participation helps students develop confidence, teamwork, and goal-setting habits that contribute to overall academic and social success. Physical education is not just about movement, it's about fostering a healthy lifestyle, developing responsibility, and building a strong foundation for lifelong wellness. When students are absent, they miss valuable opportunities for hands-on learning, peer collaboration, and consistent progress toward physical and personal goals.

**Please notify the school if your child will be absent.** Frequent or extended absences may make it more difficult for your child to learn necessary foundational skills that ensure student success this year and in future school years.

**If a student is unable to participate due to illness or injury, a parent/guardian note is required.**

**Extended absences (3+ days) require a doctor's note**



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## Learning Objectives

By the end of the curriculum, students will:

*Demonstrate growth through learning activities based on the Texas Essential Knowledge and Skills (TEKS) for Physical Education using the following resource:*

**Resource Name:** *Texas Essential Knowledge and Skills (TEKS) for Physical Education – Texas Education Agency*

Students will develop skills such as:

- **Locomotor skills:** walking, running, jumping, hopping, skipping, galloping
- **Manipulative skills:** throwing, catching, kicking, striking with implements
- Balance and coordination through various movement patterns
- Teamwork and cooperation in group games and activities
- Understanding and applying rules, boundaries, and safety practices
- Recognizing the benefits of physical activity for health and wellness
- Developing personal fitness plans focusing on strength, flexibility, endurance, and agility

## Course Resources

- **FitnessGram® Assessment Materials** – A state-approved fitness test that measures health-related fitness components like endurance, flexibility, and strength. Students complete it twice a year to set personal fitness goals and track improvement.
- **Marathon Kids Running Program** – A running/walking program where students log miles during PE and recess, working toward completing the equivalent of a full marathon (26.2 miles) over time. Encourages goal-setting, perseverance, and daily movement.
- **Kids Heart Challenge** – A national program from the American Heart Association that teaches heart health, kindness, and community service while raising awareness and funds for heart disease and stroke prevention.
- **School-Provided PE Equipment & Game Materials** – A variety of balls, jump ropes, cones, nets, and other gear that support skill-building, games, and physical fitness activities in a safe and engaging way.

## Two-Words Curriculum – Words of the Week (Bi-Weekly)

Every two weeks, students will focus on a **character-building word** that connects to our PE activities and classroom culture. We will discuss its meaning, how it applies to sports and life, and how to show it through our actions.

**Patience – Self-Reliance – Punctuality – Resiliency – School Spirit – Consistency – Humility – Hope – Unity – Endurance – Problem-Solving – Courage – Friendship – Communication – Encouragement – Focus – Kindness – Fairness**

## Grading Policy

*According to Midland ISD Grading Policy:*

Grades in Physical Education are based on:

- Participation and effort (50%)
- Skill development and performance (25%)
- Behavior, sportsmanship, and following directions (25%)

Students are expected to actively participate and demonstrate improvement over time.



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## School-wide System of Communication

Communication will be conducted via:

- ClassDojo
- Email and phone calls
- Progress reports and report cards
- Notes sent home with students

Please ensure your contact information is updated in the front office.

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!

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**Please fill out the portion below and return this portion to your teacher.**

We acknowledge that we have read and that we understand the expectations in [Physical Education Course]. We agree to contact the teacher should we have any questions or concerns regarding this instructional plan.

Parent Name: \_\_\_\_\_

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

Cell Phone Number: \_\_\_\_\_

E-Mail: \_\_\_\_\_

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

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_