

Bowie Bulldogs P.E. Syllabus and Expectations

Welcome to P.E.! The mission of our Health and Physical Education program is to instill a love of regular physical activity in our students and motivate them to take responsibility for their lifelong health.

Course Overview and Purpose

Health and Physical Education provides a structured environment where children can engage in physical activity and includes content and instruction designed to develop motor skills, knowledge, and behaviors for physical activity and physical fitness. PE teaches body movement, maintaining a healthy lifestyle, and various physical activities. Students learn the health-related benefits of regular physical activity and the skills to adopt a physically active, healthy lifestyle. The purpose is to guide teachers, parents, and curriculum planners to develop strong instructional programs.

Contact Information

Teacher Name: Bethany Campbell
Email: bethany.campbell@midlandisd.net
Phone: (432) 240-6100

Teacher Assistant Name: Elisa Leggett
Email: elisa.leggett@midlandisd.net
Phone: (432) 240-6100

Classroom Expectations

-Be Prepared and Participate

Students are expected to come to P.E. in the proper footwear and ready to participate. A student's grade is based on their participation, and they are expected to participate to the best of their ability.

-Be Safe

Safety is a priority in P.E. and is strongly enforced by our coach. Students are expected to keep their hands, feet, and body to themselves. Any type of horseplay or roughhousing compromises the safety of students and will not be tolerated.

-Be Respectful

Students are expected to listen when the coach is speaking and to raise their hand and wait for their turn to speak during instruction. Students are expected to stay in their assigned spots during instruction.

-Be Responsible

Students are expected to be responsible for what they say and do while in P.E.

Consequences

Your teachers work hard to create a safe and fun learning environment for all students. We have so much to learn and do this year in P.E. In order to keep the class running efficiently, we expect you to follow our class guidelines and stay on task during your P.E. time. If you struggle to remain on task and follow our class rules, the following outlines how we handle disruptions or off-task behaviors.

- 1st offense: The teacher will remind you of the expectations
- 2nd offense: redirected, teacher-student conversation, and possibly removed from the situation
- 3rd offense: parent contact + lunch detention
- 4th offense: office referral

*Extreme behaviors such as violence, profanity, and physical fighting will result in automatic office referral and parent contact with no warning.

Grading Procedures

Kindergarten

- Students are graded based on participation scale and skills checks and given one grade per six weeks.

1st-6th

- Grades will be based on a participation scale, with an emphasis on the skills practiced and learned in class. Each student will receive a weekly participation grade and an average grade per six-week grading period.

Dress Code

Students are expected to follow the Bowie dress code, which states that students must wear tennis shoes to school every day. Safety is a priority for all students, and the correct footwear is important to prevent falls and injury in the gym. Footwear like Crocs, boots, sandals, and ballet flats are not permitted for safety issues.

Class Dojo - Parents

We use Class Dojo as our school-wide and grade-level communication tool. We send mass messages frequently. Class Dojo is also used as my main means of communication with families who need to get in contact with me regarding their students and P.E. It is important that you have the app, are connected, and notifications turned on so that you do not miss important information.

Content Standards

Standard 1 - Develops a variety of motor skills.

Standard 2 - Applies knowledge related to movement fitness concepts.

Standard 3 - Develops social skills through movement.

Standard 4 - Develops personal skills, identifies personal benefits of movement.

P.E. Requirements

Bowie will ensure:

- That Pre-K through sixth grade students will engage in moderate to vigorous physical activity for at least 30 minutes per day for Pre-K, and 135 minutes per week for all other grades.

Fitnessgram:

- Students in third through sixth grade are required to participate in FitnessGram testing. The FitnessGram test is a comprehensive physical fitness assessment for youth, designed to evaluate health-related fitness components. It includes tests for aerobic capacity, body composition, muscular strength, muscular endurance, and flexibility. The goal is to help students understand their fitness levels and establish healthy habits for lifelong physical activity. Testing will take place in the spring semester.