

# Lake Dallas Elementary Physical Education Syllabus

**Fidel Villalpando**

**[Fall 2025]**

Dear Parents and Guardians,

Welcome to PE at Lake Dallas Elementary! This syllabus outlines the course plan for your child's class this semester, including key topics, expectations, and how you can support their success. As required by Texas law (Senate Bill 12), this document serves as the instructional plan and is available for your review. I look forward to working with you and your child!

## **Course Overview (Instructional Plan)**

This semester, your child will study the following topics in the Gym, based on Texas state standards (TEKS):

### **1. Unit 1: Rules, Spatial Awareness, Locomotor movements**

- Learning objectives:
  - i. TSW explain/follow rules, procedures and safe practices during games and activities.
  - ii. TSW be able to listen and move using different locomotor movements.
  - iii. TSW be able to move in the gym without running into others or falling down.
- Activities: Various cardiovascular and strength training warm-ups, movement patterns, and relay lines

### **2. Unit 2: Teamwork and Dodging & Fleeing**

- Learning objectives:
  - i. TSW work together to complete a task.
  - ii. TSW use spacial awareness to move around the gym safely while avoiding others.
  - iii. TSW demonstrate appropriate sportsmanship.
- Activities: Line tag, Freeze Tag, Alien Tag, Mission Impossible, Mini Football etc.

### **3. Unit 3: Catching & Throwing**

- Learning objectives:
  - i. TSW catch a ball thrown by a peer.
  - ii. TSW throw a ball on target.

- Activities: Partner Passing, Make it Take it, Beanbag tag, Battleship, Ultimate (football/frisbee), Clean the Gym etc.

#### **4. Unit 4: Basketball**

- Learning objectives:
  - i. TSW be able to dribble, pass and shoot a basketball with the correct form.
- Activities: Ball Handling Drills, Partner Passing, Make it Take it, Dribbling Pacman, Around the World

#### **5. Additional Expectations**

- Students will only be able to bring water into the gym. No sports drinks or other sugary beverages.
- Students must wear tennis shoes and appropriate clothing
  - i. Girls need shorts under their dresses or skirts
  - ii. Tight jeans are not recommended due to restricting movement
- No Jackets in the gym
- Students will not sit out during PE unless a Doctor's note has been given to the nurse for restrictions.
- Students will be expected to participate in all activities to show mastery of TEKS, which will be reflected in their grade book.

Thank you for supporting your child's education! Feel free to contact me with questions.

Sincerely,  
Fidel Villalpando