

6th & 7th Grade Physical Education Syllabus Outline

Coach Watts – Lake Dallas Middle School

Semester 1, Fall 2025

Dear Parents and Guardians,

Welcome to Physical Education at Lake Dallas Middle School! 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!

Contact Information

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 - **Best Way to Reach Me:** Email, text, or call the school office. I will respond within 24 hours during the school week.
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Course Overview (Instructional Plan)

This semester, your child will work on the following topics in Physical Education, based on Texas state standards, Texas Essential Knowledge and Skills (TEKS):

6th Grade: §116.22

7th Grade: §116.23

(TEKS for both grades are closely aligned)

Unit 1: Athletic Movement

Learning Objectives:

- Demonstrate proper form in locomotor and non-locomotor movements
- Improve agility, balance, and coordination through dynamic drills
- Develop spatial and body awareness
- Apply proper warm-up and cool-down routines

Aligned TEKS:

- (b)(1)(A): Demonstrate appropriate movement patterns in dynamic situations
 - (b)(2)(B): Identify correct movement forms and techniques
 - (b)(3)(A): Describe and demonstrate ways to improve physical fitness components
 - (b)(6)(C): Explain the importance of body mechanics and safe movement
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Unit 2: Team Games

Learning Objectives:

- Participate in team-building and problem-solving games
- Develop cooperation and sportsmanship in group settings
- Understand and apply basic strategies and rules
- Respect team roles and leadership opportunities

Aligned TEKS:

- (b)(1)(B): Demonstrate movement strategies in group games
 - (b)(4)(B): Follow rules and apply etiquette during gameplay
 - (b)(5)(A): Demonstrate responsible behavior and teamwork
 - (b)(5)(D): Resolve conflicts and communicate effectively
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Unit 3: Sports Skills I – Basketball, Volleyball, Tennis, Cross Country, Softball

Learning Objectives:

- Demonstrate fundamental skills in each sport (e.g., dribbling, serving, throwing)
- Understand basic offensive and defensive strategies
- Apply sport-specific rules and terminology

- Show improvement in cardiovascular endurance (e.g., through cross country)

Aligned TEKS:

- (b)(1)(D): Demonstrate correct technique in sport-specific skills
 - (b)(3)(B): Engage in moderate to vigorous physical activity
 - (b)(4)(A): Identify rules, etiquette, and strategies for team and individual sports
 - (b)(6)(A): Set personal skill or fitness goals in each sport
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Unit 4: Sports Skills II – Pickleball, Flag Football, Basketball, Volleyball, Soccer, Track

Learning Objectives:

- Develop proficiency in individual and team-based sports
- Understand positional roles and strategies within games
- Participate in competitive and cooperative gameplay
- Improve performance in track events (sprints, relays, etc.)

Aligned TEKS:

- (b)(1)(A): Perform correct footwork and movement in games
 - (b)(4)(C): Participate in sports that enhance personal fitness
 - (b)(5)(B): Apply teamwork, communication, and support in group settings
 - (b)(3)(C): Explain how physical activity supports lifelong health
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Unit 5: Lifetime & Recreational Activities – Spikeball, Ping Pong, 4 Square, Bowling, Jump Rope, Frisbee Golf

Learning Objectives:

- Engage in recreational games that promote lifelong physical activity
- Demonstrate hand-eye coordination and control in individual and partner games
- Understand and apply rules, scoring, and etiquette in recreational sports
- Explore fun ways to stay active outside traditional sports

Aligned TEKS:

- (b)(4)(D): Participate in lifetime leisure activities for enjoyment and fitness
- (b)(3)(D): Identify how different activities support physical, social, and emotional health
- (b)(6)(B): Make responsible decisions related to activity choices
- (b)(2)(C): Use equipment correctly and safely

Unit 6: Health & Wellness Integration

Learning Objectives:

- Describe how lifestyle choices affect physical performance
- Identify the importance of rest, hydration, and proper nutrition
- Understand the role of mental health in physical performance

Relevant TEKS:

- (b)(3)(C): Explain the relationship between fitness, nutrition, and overall wellness
- (b)(6)(B): Identify stress-reducing strategies through physical activity
- (b)(4)(D): Relate the importance of lifelong physical activity to personal health

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

Respectfully,
Tyren Watts