

6th & 7th Grade Physical Education Syllabus Outline

Coach Watts – Lake Dallas Middle School

Semester 2, Spring 2026

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

- **Teacher:** Coach Watts
 - **Email:** twatts@ldisd.net
 - **Phone:** 940-497-4039
 - **Conference Time:** Monday–Friday
 - **Best Way to Reach Me:** Email or call the school office. I will respond within 24 hours during the school week.
-

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
-

Unit 2: Fitness and Conditioning

Learning Objectives:

- Understand the components of physical fitness
- Set and track individual fitness goals
- Participate in fitness circuits and personal best challenges
- Monitor heart rate and recovery

Aligned TEKS:

- (b)(3)(A): Describe and demonstrate ways to improve cardiovascular endurance, muscular strength, and flexibility
 - (b)(3)(B): Participate in moderate to vigorous physical activity on a daily basis
 - (b)(2)(C): Use equipment safely and appropriately
-

Unit 3: Team Sports- volleyball, basketball, soccer, flag football

Learning Objectives:

- Demonstrate fundamental skills (passing, shooting, serving, dribbling)
- Apply rules and strategies in game situations
- Work cooperatively in team settings
- Display appropriate sportsmanship and effort

Aligned TEKS:

- (b)(1)(A): Demonstrate appropriate use of levels, pathways, and space in dynamic situations
 - (b)(4)(B): Identify and follow rules while playing games
 - (b)(5)(A): Work in a group to achieve a goal in competitive or cooperative settings
-

Unit 4: 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
-

Unit 5: Lifetime and Recreational Activities

Learning Objectives:

- Explore activities that can be done for lifelong fitness
- Demonstrate basic skills of selected individual and dual sports
- Understand rules and etiquette of recreational games
- Promote physical activity outside school

Aligned TEKS:

- (b)(4)(C): Participate in games, sports, and activities that improve personal fitness
 - (b)(5)(B): Identify health-related fitness activities to maintain fitness throughout life
 - (b)(6)(A): Set and evaluate personal fitness goals
-

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
-

Unit 7: Personal and Social Responsibility Integration

Learning Objectives:

- Demonstrate respectful behavior in all physical activities
- Accept feedback and make positive choices
- Resolve conflicts constructively during gameplay
- Lead small group warm-ups or drills

Relevant TEKS:

- (b)(5)(C): Demonstrate responsible social behavior during physical activities
 - (b)(5)(D): Resolve conflicts, cooperate with others, and encourage teammates
 - (b)(6)(C): Identify and demonstrate effective communication skills in group settings
-

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

Respectfully,
Coach Watts