

Middle School PE & Athletics Syllabus

Falfurrias Junior High School

Grades: 6th – 8th

Teacher/Coach: Gavino Cruz, Heather Villarreal, and Jenna Perez

School Year: 2025–2026

Course Description

Physical Education (PE) and Athletics at the middle school level are designed to help students build lifelong fitness habits, develop athletic skills, and learn teamwork. Our curriculum follows the **State Standards** for Physical Education.

Students will participate in a variety of activities to improve fitness, strength, coordination, and sportsmanship.

Goals for Students

By the end of the year, students will:

- Improve cardiovascular endurance, muscular strength, and flexibility.
 - Demonstrate skills in individual and team sports.
 - Understand the importance of regular physical activity for lifelong health.
 - Develop teamwork, leadership, and sportsmanship skills.
 - Learn safety and injury prevention during physical activity.
-

Units of Study

- **Fitness & Conditioning:** stretching, running, circuits, strength training
 - **Team Sports:** basketball, volleyball, flag football, softball, and tennis
 - **Individual Activities:** track and field, jump rope, fitness games
 - **Health & Wellness:** nutrition basics, hydration, personal fitness goals
-

Materials Needed

- Athletic clothes (shorts/sweats, t-shirt, athletic shoes)
 - Water bottle
-

Grading Policy

Grades will be based on:

- **Participation & Effort (50%)** – being dressed out, engaged, and giving best effort
 - **Skills & Performance (40%)** – demonstrating improvement in physical skills
 - **Knowledge & Safety (10%)** – following rules, safety procedures, and short written reflections/quizzes
-

Expectations

1. **Dress out daily** in appropriate athletic wear.
 2. **Respect** yourself, your classmates, and the teacher/coach.
 3. **Safety first** – follow all directions and use equipment correctly.
 4. **Give effort** – try your best, regardless of skill level.
 5. **Good sportsmanship** – win or lose with respect.
-

Communication

- **Teacher/Coach Email:** gcruz@bcisd.us, hvillarreal1@bcisd.us
jperez3@bcisd.us
- **Best Time to Reach Us:** Email preferred