ABELL JUNIOR HIGH-PHYSICAL EDUCATION

2026–2027 Parent & Student Instructional Guide

Every Student. Every Day. Every Movement Matters.

Teaching movement. Building confidence. Inspiring lifelong wellness.

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Welcome to Abell Junior High Physical Education!

At Abell, we believe PE is about much more than playing sports. Physical education gives students the opportunity to develop movement skills, improve fitness, build confidence, work with others, and discover activities they can enjoy throughout their lives.

Our goal is for every student to leave PE feeling **challenged, encouraged, and successful**. Students will participate in a variety of activities throughout the school year while learning the importance of fitness, teamwork, sportsmanship, responsibility, perseverance, and healthy choices.

Our PE program is aligned with the **Texas Essential Knowledge and Skills (TEKS)** for Physical Education and supports Midland ISD's vision for standards-based, safe, inclusive, and purposeful physical education.

Our Philosophy

Relationships First. Movement Always. Competition with Purpose.

We want students to understand that physical activity is for everyone—not just competitive athletes.

WHAT WILL MY CHILD DO IN PE?

Throughout the school year, students will experience a variety of activities designed to develop physical literacy, fitness, teamwork, and lifelong activity skills. **Students may participate in:**

Team & Invasion Games
- Soccer
- Flag Football
- Basketball
- Team Handball
- Ultimate Frisbee

Net/Wall & Court Activities
- Volleyball
- Pickleball
- Spikeball
- Tennis activities

Fitness & Track
- Running
- Sprinting
- Distance activities
- Relays
- Jumping
- Throwing
- Fitness activities
- FitnessGram

Lifetime & Recreational Activities
- Dance
- Cooperative games
- Cornhole
- Ladder Ball
- Can Jam
- Other recreational activities

Activities may be modified to meet the needs, abilities, safety considerations, and facility availability of each class.

WHAT DOES A TYPICAL PE CLASS LOOK LIKE?
PE classes are **45 minutes** and are designed to maximize student movement.
A typical lesson includes:
MOVE
Students begin with a dynamic warm-up and/or fitness activity.
LEARN
The teacher introduces or reviews the day's skill, strategy, or fitness concept.
PRACTICE
Students practice through stations, partner activities, small groups, or modified games.
APPLY
Students use their skills in activities or game situations.
REFLECT
Students finish by reviewing what they learned, how they performed, or how they can improve.
Our goal is simple:
****Every student is moving.** Every coach is guiding. Every lesson has a purpose.**

FITNESS & FITNESSGRAM
Fitness is an important part of physical education at Abell. Students will participate in regular fitness activities throughout the year and will complete required **FitnessGram assessments**. Fitness assessments are used to help students understand their own fitness and identify areas for personal growth. Students are **not expected to have the same fitness level** as their classmates.
We focus on:

- Personal growth
- Effort
- Healthy habits
- Goal setting
- Safe participation
- Understanding the importance of physical activity

Our goal is to help students understand that fitness is a lifelong journey—not a competition against classmates.

HOW IS PE GRADED?
PE is a class, and students are expected to participate, learn, and demonstrate growth.
PE Grades
60% — Minor Grades

- Participation
- Effort
- Skill development
- Daily activities
- Fitness participation
- Sportsmanship
- Short skill checks or reflections

40% — Major Grades

- Skill/application assessments
- Fitness assessments
- Unit assessments
- Performance/application activities

Students are not expected to be elite athletes. Grades are based on **learning, participation, effort, skill development, and application**.

Students who are struggling with a skill will be given opportunities to practice, improve, and demonstrate growth.

OUR EXPECTATIONS

At Abell PE, we expect students to:

- Participate to the best of their ability.
- Follow safety instructions.
- Respect teachers, classmates, equipment, and facilities.
- Encourage others.
- Demonstrate good sportsmanship.
- Accept differences in ability and experience.
- Listen and respond to coaching.
- Give appropriate effort.
- Take care of equipment.
- Leave class better than they came in.

At Abell PE, We Never:

- Make fun of another student's ability.
- Use exercise as punishment.
- Intentionally exclude students.
- Allow negative attitudes to define our class.
- Compromise student safety.

CLOTHING & PARTICIPATION

Abell PE is a **co-ed physical education class**, and students do not change into PE uniforms for class. Students should come to PE prepared to move safely and comfortably.

Students should:

- Wear appropriate school clothing.
- Wear athletic or closed-toe shoes suitable for physical activity.
- Bring water, especially during warm weather.
- Follow all teacher directions regarding appropriate clothing and footwear.

Students may participate in both indoor and outdoor activities throughout the year.

SAFETY & HEALTH

Student safety is our first priority. PE activities may take place in the gym, on the track, turf, tennis courts, grass areas, or other approved activity spaces.Teachers will modify or stop activities when necessary to address safety, weather, facility conditions, or student needs. Parents should communicate important medical, physical, or activity restrictions with the school and PE teacher.

If your child is injured or unable to participate:

Please notify the school and provide any required documentation regarding restrictions or limitations. Students who are unable to participate physically may still be expected to engage in an appropriate modified learning activity when possible.

WEATHER & OUTDOOR ACTIVITY

Because PE is an active class, we will utilize Abell's outdoor facilities whenever conditions allow. Outdoor activities may include:

- Track
- Turf
- Grass areas
- Tennis courts
- Outdoor fitness activities

Teachers will monitor weather and environmental conditions and make appropriate adjustments when necessary.

OUR COMMITMENT TO YOUR CHILD
At Abell PE, we want every student to know:
You do not have to be an athlete to belong in PE.
We will challenge students to improve, encourage them when things are difficult, teach them how to work with others, and help them discover ways to enjoy being active.
Our goal is not to create elite athletes.
Our goal is to develop:
Confident movers.
Respectful teammates.
Healthy young adults.
Lifelong participants in physical activity.

Complete the digital Parent/Student Acknowledgment in the link provided below after reviewing the guide.

https://docs.google.com/forms/d/e/1FAIpQLSfudZXFjQmOr8xCSXP_8cLjzeK7rU1FW4foODZgOVBdxB6hWQ/viewform?usp=header