YOUNG WOMEN'S Leadership Academy

P.E./26-27/MS-HS Instructional Plan

Created on 8/6/2026

Contact Information

Teacher Name: Debbie Jones, Jessica Erwin, Andrez Acevedo
Email: debbie.jones2@midlandisd.net, jessica.clayton@midlandisd.net, andrez.acevedo@midlandisd.net
Phone: 432-240-8758

COURSE DESCRIPTION

This course helps students develop lifelong fitness habits, teamwork, and confidence through a variety of fun and challenging physical activities. Girls will participate in team sports, individual fitness activities, and health-related lessons. The focus is on building strength, coordination, sportsmanship, and a positive attitude toward staying active.

COURSE ACTIVITIES (What we will be doing)

Below you will find descriptions of the most common activities that students will participate in during the course of each semester.

Throughout the year, students are expected to actively participate to the best of their ability and follow safety instructions during all activities:

- Group and individual stretching
- Cardio activities
- Strength training
- Team sports and cooperative games
- Individual fitness activities
- Health and wellness lessons
- Fitness and skill assessments

GRADES - Click here for → YWLA Grading Policy

Major – 60%: Fitness assessments, skill assessments, unit performance assessments, projects, and demonstrations of learned skills.

Minor – 40%: Daily participation, effort, sportsmanship, responsibility, preparedness, appropriate PE attire, safety, respect, and completion of assigned activities.

COURSE OBJECTIVES

- Improve Physical Fitness
- Promote Healthy Habits
- Build Confidence and Self-Esteem
- Participate Safely and Responsibly
- Demonstrate Teamwork and Positive Sportsmanship

YOUNG WOMEN'S Leadership Academy

P.E./26-27/MS-HS Instructional Plan

Created on 8/6/2026

Dress Code:

Students are required to have appropriate athletic clothing and closed-toe athletic shoes for PE. Students will have access to a locker and changing area before and after class.

PE attire must be school-appropriate and allow students to participate safely and comfortably in physical activity. The front office will have the final decision regarding whether clothing is appropriate for PE.

The first time a student is not appropriately dressed for PE, the student will receive a verbal warning. If a student is consistently unprepared or fails to wear appropriate PE attire, 10 points may be deducted from the student's participation/preparedness grade for each occurrence until the issue is corrected.

Behavior & Sportsmanship:

- Respect teachers, classmates, equipment, and facilities.
- Follow directions and safety expectations.
- Use appropriate language and demonstrate good sportsmanship.
- Participate in a manner that supports a safe and positive learning environment.

Unsafe, disrespectful, or disruptive behavior may result in consequences according to campus and district policy.

Medical/Injury:

Students should notify the teacher immediately of any injury, illness, or physical limitation that may affect participation.

Medical restrictions may require documentation from a parent/guardian or medical professional in accordance with campus and district procedures.

Students who are unable to participate in physical activity because of an injury or medical restriction may be provided with an appropriate alternative activity or assignment when applicable.

Please feel free to reach out with any questions or concerns. We are excited to work together to make this a successful, active, and healthy school year!