



**Early College High School
Syllabus
9th Grade Physical Education
2026-2027
Steven Flato**

Email: Steven.flato@midlandisd.net

Course Code to Canvas: URL: <https://midland.instructure.com/enroll/LR9MW8>

Class Times

2nd Period (Monday/Wednesday) - 9:25 - 10:45 am

3rd Period (Monday/Wednesday) - 10:50 - 12:10pm

2nd Period (Tuesday/Thursday) - 9:25 - 10:45 am

3rd Period (Tuesday/Thursday) - 10:50 - 12:10pm

2nd Period (Friday-Advisory) - 9:25 - 10:45

3rd Period (Friday- Advisory) - 10:50 - 12:10pm

Conference (Monday thru Friday)- 1:15 - 2:00pm

Course Description:

This course focuses on individual and team sports, promoting a healthy lifestyle through physical activity and fitness.

Teacher Name: Steve Flato

Email: steven.flato@midlandisd.net

Phone: 432- 240-5000

9th Grade Physical Education Course Syllabus

Course Outline:

During 9th grade, students will:

1. Assess personal fitness levels using whole body and partial body movements, following FitnessGram Testing Standards.
 2. Set realistic fitness goals using the SMART criteria.
 3. Identify fitness components and understand their importance in a balanced fitness plan.
 4. Develop individual skills in teamwork, problem-solving, and leadership.
 5. Complete fitness testing throughout the semester.
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Philosophy:

The curriculum emphasizes promoting a healthy lifestyle. We acknowledge that all students have different abilities and fitness levels, but we believe every student can achieve the goals set in our units.

Possible Activities:

- Ultimate Ball
 - Touch Football
 - Basketball
 - Frisbee
 - Soccer
 - Speed Ball
 - Fitness Testing
 - Recreational Games
 - Softball
 - Kickball
 - Tennis
 - PickleBall
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Clothes/Materials Needed:

Students are REQUIRED to be prepared for class daily with:

- Modest shorts
 - Warm-ups
 - Dress code-compliant t-shirts (no tank tops)
 - Tennis shoes
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Grading:

Attendance and participation are crucial in this class.

Participation Points:

- Total: 20 points
- Criteria for full points:
 - Attend class
 - Dress out in proper attire
 - Actively participate in class activities

Overall Grading:

- 60% = Major Grade (attendance, participation/effort, preparedness)
- 40% = Minor Grade (written assignments, projects/skills, demonstration of literacy)

Limited Participation:

- For extended non-participation (longer than 3 days), a doctor's note is required.

Late Work:

- As per the MISD late work policy:

Any work not received by the assigned due dates will be graded as follows:

- 1 day late- maximum grade possible is 90
- 2 days late- maximum grade possible is 80
- 3-5 days late- maximum grade possible is 70
- After 5 days, late work will not be accepted

Course Objectives:

- Daily class participation (100%).
 - Improve fitness levels using state FitnessGram test measurements.
 - Engage in fun class activities that promote healthy lifestyles.
 - Develop teamwork, problem-solving, and leadership skills.
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Class Policies and Expectations:

1. Enter the gym, place your backpack on the bleachers, and suit out within 7 minutes.
 2. Walk and talk until everyone is back in the gym.
 3. Line up for roll call. **(No later than 10:58 am during 3rd period)**
 4. Listen attentively when the teacher is speaking.
 5. Ask for permission to leave for bathroom breaks.
 6. Bring water to class every day.
 7. Eat before class, breakfast or a favorite food bar w/ water before class.
 8. Classes will begin with a warm-up and end with a cool-down.
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Course Content Overview:

- Understanding warm-ups and cool-downs.
 - Knowing your personal heart rate target zone.
 - Learning about static stretching, active stretching, and passive stretching.
 - Learning and implementing aerobic and strength training skills to help develop muscle endurance and overall fitness
 - Understanding game skills, rules and sportsmanship
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Rubric for Grading:

Category	Criteria	Points
Attendance	Attended all classes	20
Participation	Dressed appropriately and actively participated	20
Preparedness	Brought required materials and was ready for class	20
Assignments	Submitted assignments on time	20
Demonstration of Literacy	Showed understanding of course concepts	20
Total		100

This syllabus is designed to provide students and families with a clear understanding of the course expectations, grading policies, and overall structure. Please review it carefully and reach out if you have any questions.

What are some ways students can set realistic fitness goals?

Here are some effective ways for students to set realistic fitness goals:

1. Use the SMART Criteria

- **Specific:** Clearly define what you want to achieve (e.g., "I want to run 1 mile without stopping").
- **Measurable:** Ensure you can track your progress (e.g., "I will track my distance and time each week").
- **Achievable:** Set goals that are attainable based on your current fitness level (e.g., "I will increase my running distance by 0.5 miles each week").
- **Relevant:** Choose goals that matter to you and fit into your lifestyle (e.g., "I want to improve my stamina for sports").
- **Time-bound:** Set a deadline for your goal (e.g., "I will reach my goal in 8 weeks").

2. Start with Baseline Assessments

- Conduct initial fitness assessments to understand your current fitness levels. This helps in setting realistic goals based on actual performance.

3. Break Goals into Smaller Steps

- Divide larger goals into smaller, manageable milestones (e.g., if the goal is to lose weight, focus on losing 1-2 pounds per month).

4. Focus on Process Goals

- Set goals related to the actions needed to achieve your desired outcome (e.g., "I will exercise for at least 30 minutes, 3 times a week").

5. Set Short-term and Long-term Goals

- Establish both short-term (e.g., weekly or monthly goals) and long-term goals (e.g., goals for the semester or year), which can provide motivation and a sense of achievement.

6. Keep a Fitness Journal

- Record your workouts, progress, and feelings. This helps in reflecting on what is working and what needs adjustment.

7. Seek Support and Accountability

- Share your goals with friends, family, teacher or a coach who can provide encouragement and hold you accountable.

8. Be Flexible and Adjust Goals

- Be willing to modify your goals based on progress and any challenges you encounter. Adaptability is key to long-term success.

9. Celebrate Achievements

- Recognize and reward yourself for reaching milestones, no matter how small. This boosts motivation and keeps you engaged.

By applying these strategies, students can create realistic and attainable fitness goals that promote a healthier lifestyle.