

Coach Farmer

SAN ANGELO CENTRAL



 **Email:**
Tabitha.Farmer@saisd.org

 **Conference:**
2:14 p.m. – 3:02 p.m.
T – Gym

 **Tutorial Time:**
Thursdays — Bobcat Block

ABOUT YOUR COACH

My name is Tabi Farmer. I am the head softball coach for Central and LOVE everything PE related! I have been an elementary PE teacher for the past 10 years and enjoy helping students be active, learn new skills, and have fun every day. ❤️

PHYSICAL EDUCATION

Syllabus

★ 2026 - 2027 ★



ROUTINE / PROCEDURES

- Students will be allowed but not required to change into different clothes / shoes the first 10 minutes of class in the provided locker room.
- Backpacks / water bottles will be placed against the gym wall when students enter the gym.
- Students will be allowed but not required to change into different clothes / shoes the last 10 minutes of class in the provided lock rooms.



ACTIVITIES & LIFETIME FITNESS UNITS

Students will participate in a variety of lifetime fitness and team sport activities.
Activities may include, but are not limited to:

- | | | |
|--------------------|--------------|--|
| • Weight Training | • Softball | • Kickball |
| • Walking Aerobics | • Baseball | • Dodgeball |
| • Volleyball | • Pickleball | • Aerobics & Fitness Circuits |
| • Basketball | • Tennis | • Other recreational and lifetime fitness activities |
| • Football | • Frisbee | |

Activities may vary depending on equipment availability, weather, facilities, and district scheduling.



STUDENT RESPONSIBILITIES

- Arrive to the gym on time
- Be respectful to yourself, classmates and coaches
- Ask questions if you do not understand something
- Participate in all activities
- HAVE FUN!



GYM BEHAVIORS

- Follow coaches / sub directions
- Be respectful to yourself, classmates, coaches and equipment
- Follow CHS Student Handbook
- No cussing
- Backpacks stay against the walls
- **No earbuds or cellphones during class**
- No food or drinks allowed on the court
- Wear appropriate shoes and clothing to be active in



CONDUCT & DISCIPLINE POLICY

Students are expected to behave in class in a polite, respectful manner that does not violate the rights of others. In addition to being respectful of others, students should be on time, on task, and prepared to learn every day. Take responsibility for your own learning and have a positive attitude. Ways do your best and encourage those around you to do the same! We will be following the SAISD Discipline Policy. The following are some possible consequences for inappropriate behavior:

- Conference with teacher, student, and/or parent/guardian.
- Loss of privileges, detention, or in-school suspension.
- Referral to school personnel (administrator, counselor)



GRADING PROCEDURES

GRADING BREAKDOWN

GRADING SCALE

100% - 90% = A
89% - 80% = B
79% - 70% = C
69% - 60% = D
59% - 50% = F

Daily Participation – 50% of the overall grade

Participation is the most important part of Physical Education. Students are expected to actively participate in the daily lesson, demonstrate good effort, follow directions, and exhibit good sportsmanship.

- Students who actively participate will receive a daily participation grade of 100.
- Students who choose not to participate in the daily activity (without an approved excuse) will receive a 50 for that day's participation grade.

Skills Assessments & Written Assignments – 50% of the overall grade

Students will also be assessed through skills evaluations, fitness assessments, written assignments, quizzes, or other classroom activities related to the course objectives.

BE ACTIVE. BE RESPECTFUL. BE A LADY CAT.

