

LUEHRS JUNIOR HIGH PHYSICAL EDUCATION

Grades 6–8 • Course Syllabus • 2026–2027

Teacher: Coach J. Vela

Class Period: _____ **Room/Gym:** Gym

COURSE PURPOSE

Junior High Physical Education develops students' movement skills, physical fitness, sportsmanship, teamwork, self-management, and knowledge needed to participate safely and confidently in physical activity throughout life.

Students will participate in individual, partner, team, fitness, recreational, and lifetime physical activities while developing skills and healthy habits.

TEXAS TEKS ALIGNMENT

This course follows the **current Texas Essential Knowledge and Skills (TEKS) for Physical Education, 19 TAC Chapter 116, Subchapter B: Middle School.**

Grade 6 — 19 TAC §116.26

Grade 7 — 19 TAC §116.27

Grade 8 — 19 TAC §116.28

TEKS progression: Grade 6 emphasizes demonstrating and developing competency; Grade 7 emphasizes applying skills, strategies, and fitness concepts; Grade 8 emphasizes performing skills independently, evaluating fitness, and applying knowledge to lifelong activity.

UNITS & ACTIVITIES

Activities may include:

Fitness & Conditioning • Basketball • Volleyball • Soccer • Flag Football • Badminton • Pickleball • Tennis • Handball • Track & Field • Jump Rope • Cooperative Games • Recreational/Lifetime Activities

Activities may vary according to facilities, weather, equipment, student needs, and the instructional calendar.

CLASS EXPECTATIONS

Students are expected to:

- **BE PREPARED:** Wear appropriate athletic clothing and athletic shoes.
- **BE ACTIVE:** Participate and give appropriate effort.
- **BE SAFE:** Follow directions and use equipment correctly.
- **BE RESPECTFUL:** Treat classmates, teachers, equipment, and facilities with respect.
- **BE RESPONSIBLE:** Take care of personal belongings and assigned equipment.
- **BE A TEAMMATE:** Demonstrate cooperation, sportsmanship, encouragement, and self-control.

GRADING

Grades may include:

Participation & Effort • Fitness Activities/Assessments • Sportsmanship & Teamwork • Safety & Responsibility

Students are evaluated on **individual growth, skill development, knowledge, effort, and responsible participation**, not simply athletic ability.

SAFETY & FITNESS

Students will learn and practice proper warm-ups, cool-downs, hydration, equipment use, injury prevention, environmental safety, and appropriate exercise techniques. The Texas PE standards emphasize safe participation, health-related fitness, physical activity, self-management, and lifetime wellness.

OUR PE PROMISE

BE ACTIVE • BE SAFE • BE RESPONSIBLE • BE RESPECTFUL • HAVE FUN!

STUDENT/PARENT ACKNOWLEDGMENT

I have read and understand the Junior High Physical Education course expectations.

Student Name: _____

Student Signature: _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____