



South Texas ISD

Preparatory Academy

GRADES 7-8 | EDINBURG

Course	Teacher	Conference Time	Room	Phone	Email
Physical Education	R. Muhammad	A Day: 12:20-1:40 B Day: 12:20-1:40	Gym	956-381-5522	raheem.muhammad@stisd.net

PURPOSE: To acquire the knowledge and skills for movement that provides the foundation for enjoyment and continued social development through physical activity and access to physically active lifestyle. To help the student continue to grow in understanding the relationship between physical activity and health throughout their life span.

OBJECTIVES: Students in this course are expected to participate in sports that can be pursued for a lifetime. The continued development of health-related fitness, selection of activities that are enjoyable and reinforcement of the concept of a physically active lifestyle throughout the life span are the major focuses.

CLASS RULES: 1. PLAN AHEAD AND BE PREPARED FOR CLASS AT ALL TIMES.

2. Report to class on time (dressed out and in your spot for attendance).
3. Remain seated and raise your hand to be excused to the restroom/dressing room/drink water.
4. Bring only those items that are needed for gym class – space is very limited.
5. **No food, drinks, or gum are allowed in the gym with the exception of water.**
6. Remove/secure jewelry before reporting to roll check. **You are responsible for your belongings.**
7. Horseplay and unsafe behavior are **unacceptable** and will not be tolerated.
8. STOP, LOOK, and LISTEN when being spoken to or if the whistle is blown.
9. Showers are available and highly encouraged after vigorous activity.
10. Show proper respect toward all adults and peers.
11. **RESPECT PERSONS & PROPERTY** (Treat others as you wish to be treated.)
12. No electrical devices are allowed (phones/gaming devices) unless approved by a coach.
13. **Cameras/cell phones are not allowed in the gym/dressing area.**
14. The aforementioned items will be confiscated at the discretion of the gym staff.

CONSEQUENCES:

- 1ST infraction: verbal warning &/or possible loss of coop-part points
 - 2nd infraction: same as above plus assigned "time out" &/or another activity &/or conference with teacher ("time out" results in loss of participation points.)
 - 3rd infraction: same as above plus teacher/student conference &/or possible phone call home, possible detention.
 - 4th infraction: same as above plus phone call home &/or parent, teacher, student conference.
 - 5th infraction: sent to administrator or counselor/parent conference requested/loss of points.
- Severe or repeated infraction of school or class rules may result in acceleration of this process.

ASSIGNMENTS:

1. **Homework:** Remember to bring gym attire and other necessities. Complete assignments as needed. Note from home/Doctor if necessary (Must be approved by the school nurse.)
2. **Class work:** Report to gym & roll check on time. ANY combo of 3 tardies/infractions (not dressed/participating/cooperating/prepared) will constitute an after school/lunch detentions). Take notes when necessary (Notes will be on Blackboard and **discussions may be posted for a grade**) and complete all class work in a timely manner. Participation in all activities and practice skills as taught to prepare for demonstrations, leadership, skill tests, or fitness evaluations.
3. **Evaluation:** Written assignments, quizzes, skill/fitness testing, self-assessments, activity records, student portfolio, comprehensive Semester Exams, PowerPoint presentation. Daily/Weekly entries in notebook/journal/binder.

• **SUPPLIES:**

1. **School uniforms are required:** A gray shirt and black shorts/tights/leggings will be required daily as your PE uniform. Proper gym shoes/socks will also be required. Points will be deducted for not having the proper gym attire and an after school or lunch detentions will be assigned for every 3 days of Not Dressing. All clothing is subject to approval of gym staff/admin. **Please label all clothing used for PE to prevent theft of the article of clothing.**
2. Towel & personal items. **No aerosol cans or glass containers are allowed in the gym.**



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3. Binder/folder to keep notes/handouts organized. Pencil/paper/spirals are also required.

*Students will not have a PE locker so expensive items should be kept in their school locker due to limited space in the dressing room.

GRADING PROCEDURES AND WEIGHTS:

- COOPERATION/PARTICIPATION GRADE = 40%
- QUIZZES/SKILL TESTS = 40%
- Student Portfolio/PowerPoint Pres./Fit-Gram Results = 20%

COOPERATION/PARTICIPATION GRADE: Each student will be graded on a daily basis on his/her cooperation and participation. Every student will begin with a 100 that will constitute dressing out, participation, and cooperation. Points will be deducted due to failure to dress out, participate, and or cooperate.

- Break Down: 100 = Dress, Participate, Cooperate, Prepared
- 50 = 1 Infraction 0 = 2 Infractions
- 5-10 points deducted each time for lack of effort/improper technique

****Students may be excused from class participation only for health related reasons. Students with health reasons must have a Dr's excuse/parental note approved by their Coach or it will not be accepted. If a student needs to be excused for multiple days, a Dr's excuse is expected, in which the doctor specifies how long the student will be out for. One-day excuses shall be brought directly to their Coach, anything longer should be taken to the school nurse. Students not able to participate at all must see their assigned counselor. Written work will be assigned to said student to compensate for the missing physical assignments.**

QUIZZES/SKILL TESTS: Quizzes will be over material covered in class (History, Rules, Vocabulary notes, etc.) Skill Tests will be over skills introduced/practiced/covered in class (volleyball, basketball, etc.)

OVERALL GRADE:

- 1ST or 3rd Nine Week Grade =37.5%
- 2nd or 4th Nine Week Grade =37.5%
- Semester Exam(Part I & II) =25%

SEMESTER EXAM PART I (50%): (Mandatory) PHYSICAL FITNESS EXAM (1 mile run, sit-ups, and push-ups.)

SEMESTER EXAM PART II (50%): (Mandatory) WRITTEN SUMMATIVE EXAM over material covered throughout the semester. (e.g. History, Vocabulary, Rules notes, etc.)

Student Signature

Date

Parent Signature

Phone #

Parent email


PE Dept. Head (G. Monteaugudo)


PE Teacher (R. Muhammad)


STPA Principal (A. Castro)