

9th-12th GRADE PHYSICAL EDUCATION SYLLABUS

Instructors: Eric Rodriguez, Brandace Boren, Peter Martin, Kyle Spano, & Robert Rayos

Physical Education class is required by the State of Texas to graduate from high school. A student is required to have one credit of physical education to fulfill graduation requirements. At Lake Travis High School, the student will gain knowledge of movement and skills that provide enjoyment and social development through physical activity throughout their lifespan. The student will also understand the relationship between physical activity and a healthy mind and body. Through participation, a student will participate in a wide range of team and individual sports that can be pursued for a lifetime. The continued development of health-related fitness and the selection of sport activities that are enjoyable is a major objective of this course. The PE program is based on progressive skill training and development with increasing time given to lead-up games and regulation play within a given sport. Students are instructed in every aspect of each sport.

Course requirements: All students are expected to follow the guidelines listed below:

- a. **Performance** – Students are required to dress daily, perform to 100% of their ability, and are expected to maintain a positive attitude while in class.
- b. **Attire**- Students are required to dress out 100% of the time. All students must have a change of clothes for PE. The uniform will consist of a shirt and shorts. Students must wear appropriate court shoes for gym. If this is a financial problem for you, please feel free to contact one of us.
- c. **Absences** – Students are required to go to the attendance clerk with all notes in order for the unexcused absence to be changed to an excused absence.
- d. **Make-up work** – **A make-up report is required for each day a student is not in attendance.** The topic of the report may cover any fitness, sport, or health related topic. **The assignment is due one week after the absence occurs.** If a report is not turned in the student will receive a zero for the day's activity. Absences occurring during the last week of each grading period must be cleared by the last day of that grading period.
- e. **Fitness Assessment**-Students are required to do a weekly fitness assessment which is determined by the individual coach.
- f. **Fitnessgram**- is a state mandated fitness assessment. It is a requirement for each PE student to participate in all Fitnessgram components. This test measures the three components of health-related physical fitness. We will complete a pre and post-test assessment each semester. Fitnessgram reports will be sent home once a semester.

Grading Policy – The breakdown of the Lake Travis High School PE Dept. is as follows:

Performance/ Participation 70% = Dress out, Rules, Strategies & Terminology

Psychomotor/Aerobic Assessment/ Cognitive/ Written 30% = Cavalier (fitness gram) assessment days 1 weekly grade, Unit Exams/EOC Exams

Class Schedule: The typical PE class will be 82 minutes:

10 minutes: Roll Check, Announcements, and Dressing Out

62 minutes: Class Instruction

10 minutes: Shower and Change

Locker room procedure:

1. Each student will need to bring a lock for their personal locker. Each student is responsible for locking all personal belongings.
2. No personal belongings may be brought into the gym. It is highly encouraged for all students to leave valuable items away from the PE area. If you are concerned it will get stolen; it is best practice to refrain from bringing it with you to PE at all.
3. **TARDIES** –
 - **Students must be in the PE hallway prior to the tardy bell; if student is not they will be sent to TARDY ROUND UP.**
 - **Foundations: each student must be in the classroom prior to the tardy bell or be sent to TARDY ROUND UP.**
 - **ROLL CALL: Students must be present in roll call 10 minutes after tardy bell or they will count UT in gradebook.**
4. No one is allowed into the locker room once roll begins.
5. No food or drink will be allowed outside the locker room into the hallways.

Illness and/or injury:

1. A doctor's note is required for 3 or more days of non-participation in physical activity. Students are still **REQUIRED TO DRESS OUT FOR CLASS** and will complete a written assignment each day in order to earn daily credit.

A parent note may excuse a student no more than three days. The instructor may excuse a student from participation following an illness of injury on receiving a note from the student's parent/guardian. The student will still be required to dress out and aide/observe the class activities. Temporary excuses should include parent's phone numbers, date, and specific reason for the excuse.

2. All injuries, which occur in class, are to be reported immediately to your teacher.
3. Excuses for more than 3 days

If a student needs to be excused for more than 3 days, a doctor's note is required stating the reason for the extended excuse and date when the student may again participate in PE. During this time, the student will be expected to dress out daily unless specifically excused by the instructor.

When the student is to be excused from PE for more than 2 weeks, the student and the parent will need to meet with the instructor and develop an alternative learning contract to count toward the PE grade/credit.

Classroom policies are as follows:

6. Be in roll call **10 MINUTES AFTER TARDY BELL**. The school tardy policy applies.
7. Dress out daily. **If you forget your clothes, you must borrow for the day.**
8. **FOOD, DRINKS OR SNACKS OF ANY KIND** are not allowed in the gym
9. Return all equipment to the appropriate place at the end of the period.
10. Do not touch other people's belongings.
11. **NO CELL PHONES IN THE GYM UNLESS YOUR COACH GIVES YOU PERMISSION.**

Physical Education Sections:

INDIVIDUAL SPORTS- students acquire movement knowledge and skills that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically- active lifestyle. The student develops the ability to participate confidently in individual sports. Exhibit a level of competency in two or more individual sports.

TEAM SPORTS- acknowledge good play from an opponent during competition. Research and describe the historical development of an individual sport. demonstrate consistency using all the basic offensive skills of a sport while participating in a game such a dribble, batting, hitting in a dynamic setting. Demonstrate consistency using all the basic defensive skills of a sport.

ADVENTURE/ OUTDOOR EDUCATION- develop competency in outdoor education activity that also promote a respect for the environment and that can be enjoyable.

PERSONAL FITNESS: Students will be able to learn a high level of knowledge about the 5 health related fitness components and will be able to personalize workouts tailored to fit each student.

Activities will include:

1. Flag Football
2. Volleyball
3. Kickball
4. Basketball
5. Hockey/Handball
6. Badminton/Pickle ball
7. Frisbee Golf
8. Ultimate Frisbee/Speed ball
9. Softball
10. Aerobics and conditioning
11. Track and field
12. Cooperation activities
13. Physical fitness testing
14. Dynamic Stretching
15. Outdoor Games
16. Radical Fitness
17. Circuit Training activities
18. Love to Lift workouts
19. Soccer

Coaches Information

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