

Manzano Middle School
Physical Education Department Syllabus

Course Objective: Students will employ the principles and skills of fitness and exercise, wellness, safety, teamwork, and good sportsmanship for the rest of their lives.

- **SENATE BILL 530:** The intent of Senate bill 530 is to strengthen the state requirements and accountability for students to receive moderate to vigorous physical activity during school time.
- **Physical Activity Requirements:** Grades 6-7 require moderate to vigorous daily physical activity for at least 30 minutes as part of the district's education curriculum. Six grade will incorporate health into their PE lesson.
- **Fitness Testing:** Required for all students in grades 3-12. Testing consists of **Aerobic Capacity** (Pacer: to run as long as possible back and forth across a 20-meter space at a specified pace), **Upper Body Strength** (90 degree push-up test), **Abdominal Strength** (Curl-ups test), **Flexibility** (Back-Saver Sit & Reach) and **Lower Back Strength and Flexibility** (Trunk Lift).

Course Overview:

1st Six Weeks: Introduction & Fitness Skills

2nd Six Weeks: Team Sports

3rd Six Weeks: Individual Sports

4th Six Weeks: Fitness Skills

5th Six Weeks: Team Sports

6th Six Weeks: Individual Sports

Locker Room Procedures:

1. Students shall report to their respective lockers to dress out into their PE clothes.
2. Students shall wait in the locker room till instructed by a teacher to head to the gym.

Classroom Rules:

1. Students shall report to their assign seat and wait for instruction.
2. Students shall dress out and participate every day.
3. Students shall not interrupt the learning process.
4. Students shall listen and follow directions.
5. Students shall be on time to class.
6. Students shall use appropriate language and social behavior. (NO HORSEPLAYING OR RUNNING AROUND)

Gym Rules:

1. No gum allowed in the gym.
2. No food or drinks allowed in the gym.
3. Tennis shoes are only allowed on the court and outside on the field.
4. Students shall never be in the gym without an adult supervision.

Consequences:

1. Verbal correction/ Change in seating assignment
2. Parent contact/ Home visitor
3. Team conference with student
4. Parent conference
5. Office referral

Materials Required:

1. Shorts or warm-ups (No denim shorts)
2. T-shirts (No sleeveless shirts)
3. Gym shoes and socks
4. Deodorant. No aerosol or body sprays. No glass perfume or cologne bottles.

PE Locker Usage Procedures:

1. All students will be assigned a small locker to store their PE clothes. Sharing of lockers is **not** permitted.
2. After changing into their PE clothes, it is the student's responsibility for properly storing and securing their belongings.

Grading Policy:

The grading policy breakdown is as follows:

1. Daily performance average- 40% of the six weeks grade(dressing out and participation)
2. Tests and assignments- 60% of the six weeks grade (written assignments and test)

Daily work grade:

Students will earn 20 points a day. (10 points for dressing out and 10 points for participating)

Absences:

Make-up grades will be given at the teacher's discretion.

It is in your child's interest that we work together in a relationship to his/her schooling. If you have any questions or concerns about the PE program, please feel free to write us a note or call us at school. Your cooperation is greatly appreciated.

Thank You,

PE Staff

Mrs. Lori Mares

Ms. Amanda Machado

Mr. Isaac Solis

Mr. Richard White

Mr. Gerald Putzel

Mr. Felipe Montalvo

Conference Period: 7:45am-8:30am

Main Office: 956-548-9800

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Dear Parent or Guardian:

Please sign and return this form with _____
Student's Name (Print)

_____ Student's PE Teacher's Name

_____ Student's PE Class Period

I have read and consented to the responsibilities outlined in the Physical Education Department Syllabus handout.

_____ Parent/Guardian Signature

_____ Parent/Guardian Printed Name

_____ Student Signature

_____ Home Phone Number

_____ Work Phone Number

_____ Email Address