**P.E. SYLLABUS**

P.E. Coach Moreno

Physical Education Teacher: Mr. Anastacio Moreno

Mission Bend Elementary Physical Education Syllabus

Dear Parents,

This syllabus is to give you a good idea of what the students are doing in PE and what they will be graded on in the future. I am steering toward grading more on activity/sport skills & participation, Fitness Testing, effort, attitude, class expectations, & behaviors. I hope this will help communicate the progress of your child in these specific areas of physical education. If you ever have any questions, please feel free to contact me at (281) 327-4127. Thank you! Coach Moreno

**Class Expectations:**

1. Come in quietly and respectfully each day - The students are expected to walk in quietly at the entry way of the gym and begin walking around the perimeter of the gym. Coach Moreno will then instruct the students to begin warm ups.

2. Listen & Follow Directions - After the students get finished with their exercises, students line up for a quick water break. At this time, the students go to their designated area and sit crisscross ready to listen and learn the skills and rules of the game that day. At the beginning of every unit or game we work on drills to help students’ better master the games they play.

3. Show good sportsmanship and fair play while having fun and sharing with others - During the games, the students are expected to show respect toward one another and the teacher. They are asked to share equipment and do the best they can do during the activities.

4. Treat others the way you want to be treated. Kind, Considerate, Safe, and Respectful - Students are expected to treat others in a kind, considerate, respectful, and safe manner at all times during gym class. If students break this simple rule there is a list of procedures that will dictate the process of punishment or redirection.

5. Line up quietly and respectfully - At the conclusion of the class, I will blow the whistle and the students are expected to return the equipment back where it belongs.

**Fitness Testing:**

Once every year 3-5 grade students will be tested on their fitness & abilities. The Fitness Gram testing exercises will be used for the testing. Please be aware that students during this time must be prepared for class in order to participate. This is a State Mandated Test that must be administered for all students in grades 3-12.

**Student Supplies & Clothing Attire Requirements:**

1. Students must wear tennis shoes with laces or velcro straps. No boots, slip ons or sandals are permitted.

2. Proper gym clothing

3. Girls expected to wear shorts under dresses/skirts during physical education class.

4. Hair that is longer than shoulder length needs to be tied back in a ponytail.

**Notes/Excuses for non-participation & absences:**

Parents, please send physician signed or parent signed note explaining the injury and what your child can and cannot do in our physical daily activities in PE. Participation is important for your child's success in this class, as well as his/her overall physical health and self-wellness, but if a child has an injury or sickness and needs to be held out of PE, it is important that the school knows. On another note, we will work together to find physical activities that keep students participating but accommodate for his/her physical needs and/or limitations. Thank you for your understanding & cooperation.