**HODGES BEND MIDDLE SCHOOL**

**PE Syllabus**

**Coach Shabazz, Coach Adams, Coach Coleman**

# PURPOSE

The purpose of this course is to develop competence in: (a) physical fitness, (b) body management skills, (c) participation skills, (d) health, (e) social behavior, and (f) strategies for physical activities.

# GOALS

1. The student will be able to demonstrate competency in many movement forms and several forms of physical activity.
2. The student will apply concepts and principles of human movement to the development of motor skills.
3. The student will analyze the benefits of regular participation in physical activity.
4. The student will achieve and maintain a health-enhancing level of physical fitness.
5. The student will demonstrate responsible personal and social behavior in physical activity.
6. The student will understand that physical activity provides opportunities for enjoyment, challenge and self- expression.

# RULES AND CONSEQUENCES

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| All rules set forth in the Fort Bend ISD Student Handbook will be enforced. Additional rules  that will be applicable in Physical Education class shall be as follows:  **CLASS RULES** | |
| 1. Listen and follow directions | 7. Respect others |
| 2. Participate in all class activities | 8. Keep hands to yourself |
| 3. Be on time for class and roll call | 9. Have good personal hygiene |
| 4. Be responsible for personal belongings | 10. Have a positive attitude |
| 5. Respect other students’ belongings | 11. No Gum, Food or Liquids |
| 6. Ask permission to leave class | 12. Absolutely no cellphones are allowed in  class |

**CONSEQUENCES**

**1st Offense** – Verbal warning

**2nd Offense** – Written assignment and/or parent contact.

**3rd Offense** – Detention

4th **Offense** – Restorative Discipline

**5th Offense** – Referral to the office

# TARDIES

Students are expected to be in their respective locker rooms by the time the tardy bell has rung. If students are not inside the locker room by this time they will be marked tardy. The 1st tardy is a warning, the 2nd tardy results in a phone call home, and the 3rd tardy is a mandatory detention.

# GRADING

Student’s grades/points will be based on dressing out (major grade), participation and cooperation (minor/major). Students are required to dress out daily. If a student is missing any of the required pieces of the PE uniform i.e. shirt, shorts or shoes that will result in her losing credit for the day. If a student chooses not to dress out, all ten points will be deducted from their daily grade.

# DRESSING OUT

**Physical Education (PE) Uniform Guidelines**

Dressing out for PE is mandatory. This is for hygiene and safety purposes. This priority is included in our TEKS (5B). Students are expected to bring athletic clothing to change into each day for PE class. Students should not stay in the clothing they wear to school during PE.

It is not required for students to purchase a school PE uniform. Campuses offer PE uniforms to families to purchase to ensure they have easy access to athletic clothing that is in dress code.

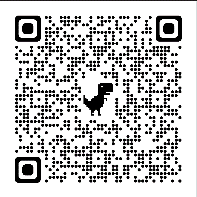
If a family prefers to purchase their own uniform, they can do so as long as it meets the requirements below:

* 1. The uniform meets the school dress code: This includes shorts that are the proper length and a loose-fitting t-shirt.
  2. The uniform matches school colors (gray shirt/red shorts)
  3. The student’s name is written on both the shorts and shirt

Students who prefer to wear pants due to religious preference or other reasons can do so as long as the pants are designated as the PE uniform. The idea is that the student is changing clothes to meet the dressing out requirement of the class.

If a family cannot afford to purchase a uniform, they should communicate with the campus PE department. The PE department will ensure that the student has a proper PE uniform for class.

# \*PE uniforms will only be paid for through our school website. We will no longer be taking payments at school.

Shirt $10 Shorts $10 Total $20

[https://fortbendisd.revtrak.net/FBISD-Schools-1082/ms/Hodges-Bend-MS/hbms-pe-unif-girls/#/list](https://fortbendisd.revtrak.net/FBISD-Schools-1082/ms/Hodges-Bend-MS/hbms-pe-unif-girls/%23/list)

# \*\*\*DISCIPLINE FOR NOT DRESSING OUT\*\*\*

Students are expected to change their clothes and dress out every single day of class. If a student does not dress out 3 times in any given marking period the parent will be contacted. The 4th and 5th time a student does not dress out in a marking period they will be given a detention each time. This process will start over every 9 weeks.

# LAPTOPS

We will be implementing the laptops for Physical Education purposes, at which more information will be sent home with the student. The days we are not using the laptops the student should keep their laptops in their locker with any other important belongings.

# HYGIENE

Health and P.E. cannot be separated; therefore, personal hygiene is emphasized. Clean physical education attire is expected. A student may want to have more than one set of P.E. clothes. Students are required to take their clothes home at the end of the week to wash them and bring them back Monday.

# LOCKERS AND LOCKS

Every student in enrolled in P.E will receive a locker for their P.E uniform. Each student is responsible for her own clothes and other belongings being kept locked in their lockers. **STUDENTS ARE NOT ALLOWED TO SHARE LOCKERS or TO USE THE LOCKERS FOR ANYTHING OTHER THAN A PLACE FOR THEIR P.E UNIFORM. DO NOT USE YOUR P.E. LOCKER FOR BOOKS AND BINDERS. DO NOT GIVE YOUR LOCKER COMBINATION TO ANYONE.**

# DOCTOR’S NOTES

A doctor’s note is needed to excuse a student from participating/dressing out. However, if the doctor’s note indicates the student can participate on a limited basis they would be required to dress out. If the doctor’s note completely excuses participation the student will be given an alternate assignment (Journal Entry, Book Report, Current Events in Sports, Health/Fitness Regimes, History of the Games, etc…). This is strictly a participation grade. If your student is participating in class (active or non-active) they will still have the opportunity to obtain an “A” in P.E. class.

# TESTING- Fitness Gram

# \*\*\*FIRST MAJOR GRADE\*\*\*

**Please click the link below to sign indicating that you have read and understand the HBMS P.E. Syllabus and will abide by its rules.**

<https://forms.office.com/r/31ZZkvSZbv>