

2026-2027 Syllabus**Course Objectives**

Students will:

- Develop and maintain physical fitness through regular activity
- Learn and apply principles of movement and sport
- Demonstrate teamwork, sportsmanship, and leadership
- Understand the importance of lifelong physical activity
- Explore health-related fitness components and personal wellness

 Units of Study

Unit	Duration	Topics Covered
1. Fitness Foundations	3 weeks	Components of fitness, goal setting, fitness assessments
2. Team Sports	6 weeks	Basketball, Volleyball, Flag Football
3. Individual & Dual Sports	5 weeks	Tennis, Badminton, Pickleball, Track & Field
4. Outdoor & Adventure Activities	4 weeks	Orienteering, Cooperative games
5. Strength & Conditioning	4 weeks	Weight training, resistance bands, bodyweight exercises
6. Dance & Rhythmic Movement	3 weeks	Aerobics, Zumba, Line dancing, Cultural dances
7. Health & Wellness	3 weeks	Nutrition, mental health, stress management, sleep hygiene
8. Lifetime Activities	4 weeks	Yoga, Pilates, Walking programs, Recreational games
9. Final Projects & Fitness Reassessment	4 weeks	Personal fitness plan, presentations, post-assessments

Assessments & Grading

Category	Weight
Participation & Effort	60%
Six Weeks Test	10%
Fitness Assessments	30%

Expectations & Policies

- **Dress Code:** Proper footwear required daily (NO BOOTS ON GYM FLOOR)
 - **Participation:** Active engagement is mandatory unless excused
 - **Safety:** Follow all safety guidelines and respect equipment
 - **Behavior:** Show sportsmanship, cooperation, and respect
 - **Make-Up Work:** Available for excused absences with written reflection or alternative activity
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TEKS Alignment

This syllabus aligns with the Texas Essential Knowledge and Skills for PE, including:

- Movement skills and concepts
- Physical activity and health
- Social development
- Lifetime fitness

Student Name (Print)

Student Signature

Date

Parent Name (Print)

Parent Signature

Date