

Plato Academy Trinity

Physical Education 2026-2027 Class Syllabus

<i>Grades: Kinder- 8th</i>	<i>A</i>	<i>B</i>	<i>C</i>	<i>D/ F</i>
<i>Attitude/Behavior</i>	<i>Consistently follows rules, excellent behavior; displays cooperation & respect, and accepts winning and losing respectfully.</i>	<i>Consistently follow rules, average skill(s) level, somewhat off task when not being observed but able to perform average level.</i>	<i>Uncooperative, bends rules to suit self, displays inappropriate frustration towards others, celebrates mistakes of others.</i>	<i>Physical or verbal abuse to others, doesn't follow rules, complains about tasks, displays poor attitude toward activity, concern only for self.</i>
<i>Participation/ Effort/ Development</i>	<i>Gives top effort, self-motivated, displays good movement during game play, committed to improving personal fitness/skills</i>	<i>Few reminders needed to participate, puts forth good effort, contributes to team play, works to improve personal fitness.</i>	<i>Poor effort, little or no movement during activity, numerous excuses for inactivity, socializing interferes with participation.</i>	<i>Avoids participation, excessive socialization, off task, interferes with others, abuses equipment, disrespect for safety rules.</i>
<i>Attendance/ Preparedness</i>	<i>Has all appropriate P.E. attire (shirt, shorts/pants & sneakers tied). According to the dress code for P.E.</i>	<i>Has all appropriate P.E. attire (shirt, shorts/pants, & sneakers that are fully in line with dress code).</i>	<i>Is not prepared with appropriate P. E. attire but participates with little effort.</i>	<i>Does not have appropriate P.E. attire (shirt, shorts/pants, and sneakers) and demonstrates no effort.</i>

Interventions:

When a student does not cooperate or participate with appropriate behavior, the following interventions are taken.

- 1. Friendly reminder.***
- 2. Reteach and remind.***
- 3. Lunch Detention & Parent contact!***
- 4. Parents are contacted/Referral to the office!***



NO CELLPHONES ALLOWED



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Curriculum:

➤ Physical Education:

- *P.E. will include a variety of activities such as; team, individual and lifetime sports, dance, indoor and outdoor games, cardiovascular fitness and strength training activities. In some cases, you will have the opportunity to select an activity offered by the teacher. However, there are times when you will be assigned a specific activity. Activities may alternate with a fitness component workout; all will be assessed within a 9-week basis. **Composition notebooks will be required, this is 25pts of quarter grade!***

➤ Medical:

- *If you have a medical condition that limits your participation, a “Can Do/Not List” from your doctor is required. This will allow you to continue with class at your safe and appropriate level. A parent note will excuse a student for one to two days, beyond that; a” Can Do/Not List” must be submitted from your doctor. Therefore, students who are not permitted to participate in the regular P.E. because of a medical excuse will be assigned selections that are appropriate with their “Can Do/Not List”.*

Valuables:

- *DO NOT bring valuables to class! Leave them in a secure location. The P.E. department will NOT be liable for lost or stolen items. If you by chance bring valuables to class, it is your responsibility to put them in a safe area/location.*



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K-12 Physical Education: Florida is organized around four strands that define the major elements of quality physical education. These strands are relevant across all grade levels and provide unifying threads of understanding.

- *Quarter 1: Movement Competency*
- *Quarter 2: Cognitive Abilities*
- *Quarter 3: Lifetime Fitness*
- *Quarter 4: Responsible Behaviors and Values*

Standard 1: Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.

Standard 2: Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.

Standard 3: Participate regularly in physical-activity.

Standard 4: Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.

Standard 5: Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.

Standard 6: Value physical-activity for health, enjoyment, challenge, self-expression and/or social interaction.

Weekly Grading Scale: (25pts) Mondays-Thursdays

- ***Participation/Effort- 15pts***
- ***Growth/Behavior- 10pts***
- ***Notebook- 25pts of quarter grade***



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The standards required for physical education are organized by grade-level for grades K-8 and remain in a cluster for grades 9-12. Florida's curriculum for physical education is based upon established physical education theories and evidence-based research.

The standards are derived from the national standards for physical education and provide the framework for alignment of curriculum, assessment and instruction. Every student should have the opportunity to participate in quality physical education.

“Helping students develop the knowledge and skills to select and participate in physical-activity safely, competently and with personal satisfaction is a responsibility of physical education. It is the unique role of quality physical education programs to help all students develop health-related fitness, physical competence, cognitive understanding and positive attitudes about physical activity so that they can adopt healthy and physically-active lifestyles”.

The National Association for Sport and Physical Education (NASPE), Centers for Disease Control and Prevention, the American Academy of Pediatrics, the American Heart Association, the U.S. Department of Health and Human Services, the U.S. Department of Education, the President's Council on Physical Fitness and Sport, all support the need for physical-activity and high-quality physical education in schools.



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