

Physical Education  
Instructor: Coach Baggett

RULES FOR PE CLASS:

1. Dress Out EVERYDAY.
2. Be in your assigned spot/seat at the beginning of class.
3. Follow the teacher;s directions.
4. At the end of class, HELP PUT AWAY EQUIPMENT.
5. Show good sportsmanship.
6. Have fun!

Every student will be issued a locker, shirt and shorts. You are responsible for locking up your own shirts and shorts at the end of each class period. YOU MAY NOT TAKE THEM HOME OR SHARE THEM WITH OTHER STUDENTS! All issued clothes need to stay on campus. WE WILL WASH THEM WEEKLY FOR YOU! Keep your lockers clean. You may NOT SHARE LOCKERS with other students.

It is IMPORTANT that you bring cross trainers/running shoes to wear during PE class. Sandals, High Heels, Platform/Wedges, Slides/flip-flops, dress shoes or boots ARE NOT ALLOWED IN THE GYM. Failure to wear proper footwear will affect your participation grade.

No food or drink is allowed in the dressing room or the gym.

Cell phones and music devices will not be allowed in view in the locker room or the workout areas. School policy will be followed for cell phones and electronic devices.

You will be given 10 minutes to dress out after we have taken role and go in to change. After you get dressed, go to your assigned spot for roll call and further instructions. After class, you will be given 10 minutes to dress for your next class. Until the bell rings for the next class, you will stay in the gym area.

Classroom Grade Breakdown:

50% Participation/Class Activities

Every time the class meets, it will count as 20 points towards your participation grade. If you are absent, you will only receive 10 points for that day. YOU WILL ALWAYS DRESS OUT FOR CLASS. You will receive a participation grade weekly in addition to any class activities we complete for that week. This will give you at least 6 grades per grading cycle. If you are absent, it is your responsibility to ask for a replacement assignment for anything you may have missed.

50% Test/Skill Test

This will include: Skills Testing, Fitness Testing, Cardiovascular Fitness and Strength Testing.

Chapter Tests and Special Projects will be included in this section as well.

INSTRUCTOR: Lydia Baggett  
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Conference Period:

2024-2025 Physical Education/ Skills Activity Syllabus

I acknowledge the RULES and GRADING POLICY of GPHS Physical Education

PARENT SIGNATURE\_\_\_\_\_

STUDENT SIGNATURE\_\_\_\_\_

## Semester 1

|                  |                                                                                                         |
|------------------|---------------------------------------------------------------------------------------------------------|
| August 12-15     | Week 1: Rules, Procedures and expectations; Issue Clothes & Lockers                                     |
| August 18-22     | Week 2: Rules, Procedures and expectations; Cardiovascular Fitness; Pre-Fitness Gram Assmnt.            |
| August 25-29     | Week 3: Volleyball: Overview, skills & drills/Cardiovascular & Fitness Activities and CV Assessment     |
| Sept 1-5         | Week 4: Volleyball: Mini Drills and games// Fitnessgram Activities-Assessment                           |
| Sept. 8-12       | Week 5: Volleyball: Game and rotation introduction-begin game play/ Fitness Activities                  |
| Sept. 15-19      | Week 6: Volleyball: Games/ Tests/ Fitnessgram Activities-Assessment                                     |
| Sept. 22-26      | Week 1: Team Sports: Pillow Polo/ Fitness Activities                                                    |
| Sept. 29-Oct 3   | Week 2: Team Sports: Hula Hoop Dodgeball/ Mat Ball                                                      |
| Oct 6- 10        | Week 3: Fitness Activity Stations/Fitnessgram Activities-Assessment                                     |
| Oct. 13-17       | Week 4: Fitness Gram Assessments                                                                        |
| Oct. 20-24       | Week 5: Yoga: Introduction, basic terminology and beginner positions                                    |
| Oct. 27-31       | Week 6: Yoga: Stretches, Workouts and Meditations/ Skill Assessment Test/Fitnessgram Test/ Assessment   |
| Nov 3-7          | Week 1: Beginner workouts: Yoga and Low impact                                                          |
| Nov. 10-14       | Week 2: Stretches and workouts and Guided Meditation                                                    |
| Nov. 17-21       | Week 3: Cardiovascular Assessment/Fitnessgram Activities-Assessment                                     |
| Nov. 24-28       | Week 4: THANKSGIVING BREAK                                                                              |
| Dec. 1-5         | Week 5: Low Impact Workout/ stations/ Mat Ball                                                          |
| Dec. 8-12        | Week 6: Pick Up Uniforms, Clean Out Lockers and Review for Exams.                                       |
| Dec. 15-19       | Week 7: Semester Exam Week                                                                              |
| Dec 23-27        | CHRISTMAS BREAK                                                                                         |
| Dec 31-Jan 6     | CHRISTMAS BREAK                                                                                         |
| Jan. 6-9         | Week 1: Rules, Procedures and expectations; Issue Clothes & Lockers                                     |
| Jan. 12-16       | Week 2: Basketball: Overview, skills & drills/Cardiovascular Fitness/Pre-Fitness Gram Assmnt.           |
| Jan. 19-23       | Week 3: Basketball: Mini drills and games/ Fitness Activities                                           |
| Jan. 26-30       | Week 4: Basketball: Game introduction/ Fitness Activities/Fitnessgram Activities-Assessment             |
| Feb. 2-6         | Week 5: Basketball: Games/ Tests/ Fitness Activities                                                    |
| Feb. 9-13        | Week 6: Team Sports: Mat Ball/Hula Hoop Dodgeball/ Fitness Activities/Fitnessgram Activities-Assessment |
| Feb. 16-20       | Week 1: Yoga: Introduction, basic terminology and beginner positions                                    |
| Feb. 23-27       | Week 2: Yoga: Stretches, Workouts and Meditations/ Skill Assessment Test                                |
| Mar. 2-6         | Week 3: Low Impact Workout/ Cardiovascular Assessment                                                   |
| Mar. 9-13        | Week 4: SPRING BREAK                                                                                    |
| Mar. 16-20       | Week 5: Beginner Workouts: Yoga and Low Impact/Fitnessgram Activities-Assessment                        |
| Mar. 23-27       | Week 6: Stretches, whole body workouts and Guided Meditation                                            |
| Mar. 30- April 3 | Week 7: FitnessGram Test/ Assessments                                                                   |
| Apr. 7-11        | Week 1: Team Sports: Hula Hoop Dodgeball/ Mat Ball                                                      |
| Apr. 13-17       | Week 2: Stretches, whole body workouts and Guided Meditation                                            |
| Apr. 20-24       | Week 3: Stretches, whole body workouts and Guided Meditation                                            |
| Apr. 27-May 1    | Week 4: Team Sports: Badminton                                                                          |
| May 4-8          | Week 5: Team Sports: Badminton                                                                          |
| May 11-15        | Week 6: SR Final Exams/Pick Up Uniforms, Clean Out Lockers and Review for exams/Fitnessgram             |
| May 18-22        | Week 7: FINAL EXAMS                                                                                     |

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