



South Texas ISD

Rising Scholars Academy

GRADES 7-8 | SAN BENITO

Physical Education Course Syllabus

Instructor	Email	Remind Code	Telephone
Amy Benavidez Ricardo Benavidez Enrique De Leon Denise Ochoa	Amy.benavidez@stisd.net Ricardo.benavidez@stisd.net Enrique.deleon@stisd.net Denise.ochoa@stisd.net		956-399-4358

Course Description: Rising Scholars Physical Education is designed to promote a foundation for enjoyment, continued social development, and access to a physically-active lifestyle. Students work as individuals and in teams to achieve a desired outcome. Students learn and apply similar concepts from one sport or movement setting to another. Physical activity is achieved both in and out of school while maintaining a healthy level of fitness as their bodies grow and change.

Resources:

- Cones, basketballs, pinnies, scoreboard, basketball nets, foam balls, goal nets, flags/belts, footballs, relay batons, markers, discus, sandpit, stereo, music, microphone, soccer goals, soccer balls, exercise mats, jump ropes, stop watches, foam tubes, scorecard, volleyballs, nets, standards, softballs, bats, helmets, bases, and gloves.
- Modifications and equipment substitutions will be discussed in video demonstrations by coach.

Technology:

- The use of electronics will be permitted at the teacher's discretion during face to face instruction
- Technology requirements for online instruction
 - ItsLearning instructional platform
 - Login example: User: 123456 (Student ID)
Password: FL010203 (First Initial, Last Initial, 6 digit date of birth)
 - FlipGrid
 - Download app on mobile device and create account or use browser on computer
 - Gimkit



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- Download app on mobile device and create account or use browser on computer

Course Requirements:

- P.E. Dress Code
 - All students must wear a complete change of Physical Education attire in accordance with the school dress code. Classes will be held both inside and outside during the fall and spring. Be prepared to dress accordingly. Failure to dress out appropriately will result in loss of points and/or detention.
 - Official R.S.A. uniform is required during face to face instruction
 - PE uniform orders will be made available at a later date
 - Socks and tennis shoes worn properly (no sandals or slippers)
 - For virtual instruction, students are required to wear
 - comfortable athletic shorts/pants
 - athletic shoes
- Hygiene
 - P.E. clothing should be washed regularly
 - Do not borrow another students' clothing
 - PE clothes are YOUR responsibility
- Locker-Room
 - Lockers are first come first serve- locks are not permitted.
 - Make sure to put your clothes and all of your belongings in your locker
 - You are responsible for your own belongings

Netiquette (Online Etiquette) Statement

Please adhere to the same standards of behavior and professional respect online that you would follow in face-to-face communication with others, but most particularly when writing email and when taking part in collaborative and discussion board activities. Students are expected to adhere to the South Texas ISD Acceptable Use Policies when Using Networks. More comprehensive student code of conduct can be found on our website.



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Grading:

Student's average will be calculated as follows:

- 40% Participation
 - 30% Dressing out
 - 70% Following instruction, & sportsmanship
- 20% Skills Development and Concepts
- 20% Daily Assignments/ Homework
- 20% Tests

Homework/Daily Work Guidelines:

- Students' homework is due at the beginning of the period of the given due date.
Students absent on a day homework is assigned shall be given the same amount of time to complete the assignment as the rest of the class and shall receive a due date for the next day the student returns to class. Majority of the homework will be used as an indicator of student understanding and preparation of upcoming quizzes and tests.
- Virtual Instruction: students will be required to submit videos and other assignments via ItsLearning platform. Every assignment has a due date
- Points may be taken off if assignment is submitted after deadline and no communication has been made to the instructor about late submission.

Participation:

- Students are expected to be engaged in the activities of the day. Students who are not dressed out properly may not be allowed to participate. Students who are not allowed to participate will have to shadow coach at all times unless injury restricted. Students are expected to follow instruction at all times to ensure the safety and enjoyment of the activity. Students may be systematized according to the unit. Students who fail to comply with the rules will seek further discipline. All students are expected to display proper etiquette when cooperating with others. **BULLY-FREE ZONE.**
- Students should log into the course daily to complete assignments and to check for announcements on ItsLearning. You should expect to spend 15 – 30 minutes per week actively engaged within this course.



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Guidelines When Communicating With Others (Email, discussions, blogging, etc.)

- Always sign your name to any contribution you choose to make.
- Be constructive in your responses to others in the class.
- Do not use all caps (Doing so may be interpreted as shouting).
- Re-read your postings before sending them.
- Always think before you write.
- Respond respectfully.
- Use appropriate grammar and structure.
- Spell-check your postings.
- Use short paragraphs focused on one idea.
- Use appropriate business language at all times.

Digital Citizenship Standards & Expectations

- Be on time.
- Wear proper attire.
- Choose a good location and be aware of your background of your video camera when you are in a meeting.
- Mute yourself right when you join and keep your microphone muted when you are not speaking.
- Use the chat to ask questions and make comments related to the topic discussed.
- Give your full, focused attention.
- Use respectful behavior and language.
- Stick to appropriate topics of discussion.
- Use only appropriate icons, emojis, and avatars.
- Wear school appropriate clothing when participating in lessons.

Skills Development:

- Students are expected to develop skills until mastery is achieved.

Skills Concepts:

- Students are required to incorporate new skills learned and apply them to a given activity to reach the desired goal.

Tests:



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- Tests will be scheduled after every major topic. Tests will be either written and/or physical.
 - Physical exams may consist of the following:
 - History/Terminology/Rules of Sport
 - Skills acquisition
 - Skills development
 - Skills concepts
 - Projects
 - Homework
- Comprehensive exam may be administered every nine-weeks.
 - Exam will consist of material covered in class which includes:
 - History of sport
 - Rules of sport
 - Sports vocabulary
 - Notes

Technical Support

- Contact your instructor or use Remind Code provided to have your technology issues resolved.
- **Student Technology Support for students only: @rsaTech**
This code is only to resolve any technology issues you may be having with your RSA accounts or software provided by the school. If you have other technical issues, such as internet, please call your provider to further assist you.

Gymnasium Expectations

1. **Be on time and ready to dress out by the time the bell rings**
 - a. Tardiness – Students are expected to be in the gymnasium and ready to dress out by the tardy bell. Failure to do so will result in a tardy slip.
2. **Come prepared and ready to work**



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- a. Attendance – Attendance is important for keeping up with skill movement and development. The student will be responsible for completing any assigned work and/or obtaining lecture/discussion notes in the event of an absence. Students absent on a designated assignment due date will submit the assignment upon returning from the absence.
 - b. Excuses – Students may be excused from class participation for health reasons only (1-day excuse). **Students with health reasons must have a doctor's excuse or a parental note approved by the school nurse or it will not be accepted.** If a student needs to be excused for more than a day, a doctor's excuse is expected which specifies how long the student will be excused for. Students not able to participate for long periods of time will be assigned written work to compensate for the missing physical activity assignments. Students not able to participate will have to shadow coach at all times unless injury restricted. Students will have to complete written assignment based on the lesson unit prior to shadowing coach.
3. **Be respectful and courteous to others at all times**
 - a. Behavior – Each student is expected to be courteous and respectful to all school personnel and property. Inappropriate behavior may result in detention, parent-teacher-student conference and/or office referral.
4. **No gum, food, or drink allowed in the gym**
 - a. Water is permitted in a closed container only.
 - b. No sharing drinks.
5. **Teacher dismisses the class not the bell**
6. **Students are not allowed to leave the gym during the first and last ten minutes of class**
 - a. This will prevent student from missing important directions and announcements of test or quizzes
7. **Use of technology devices are only to be used with teacher permission**
 - a. If a student is using an electronic device (phone, tablet, laptop, etc.) without teacher consent the student will:
 - i. 1st Infraction – Receiving a warning



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- ii. 2nd Infraction – Device will be picked up and returned to the student at the end of the class period
 - iii. 3rd Infraction – Device will be picked up and turned into the office and disciplinary action (detention, ISS) maybe assigned.
8. **Students are expected to follow all gym rules mentioned along with any announced in class.**
- a. Behavior during PE is taken very seriously and misbehavior will not be tolerated. Students will be held accountable for any misbehavior in the gym. If a student is asked to leave the classroom/gym due to unacceptable behavior and/or unsafe classroom/gym behavior, then the student will receive zero points for all missed instructional assignments for that day and could also include administrative consequences. Administrative consequences for an infraction of the gymnasium expectations contract may range from detention to suspension. Repeated gym safety violations may result in the loss of gym privileges.

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**I have read and I understand the 2020-2021 course syllabus & gymnasium expectations.
By signing I am agreeing to comply.**

	Print Name	Signature	Date
Physical Education Instructors	Amy Benavidez		
	Ricardo Benavidez		
	Enrique De Leon		
	Denise Ochoa		
RSA Interim Principal	Cris R. Flores		
RSA Asst. Principal	Leonel Casanova		
RSA Student			
RSA Parent			



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