

# Luther Burbank High School

## Physical Education



**Instructor:** Coach Kim Lerma & Coach Bryan Castro

**Conference:** Lerma 2nd Period 10:55 to 11:50 / Castro

**Email:** [klerma@saisd.net](mailto:klerma@saisd.net) & [bcastro4@saisd.net](mailto:bcastro4@saisd.net)      **Phone:** 210-228-1210

### Course Description:

Physical Education is an integral part of the total education program here at Burbank High School. Through exposure to a wide variety of activities, students will gain the necessary knowledge to understand the importance of and be able to make educated decisions around opportunities to achieve and maintain a healthy lifestyle. Students will participate in a variety of individual and team activities. The curriculum will cover the following instructional topics:

- Apply biomechanical principles related to exercise and training;
- Basic skills of adventure/outdoor education activities;
- Explain the relationship between physical fitness and health;
- Analyze the relationship between sound nutritional practices and physical activity;
- Respond to challenges, success and failures in aerobic physical activities;
- Analyze and evaluate personal fitness status on the five fitness components;
- Engage in moderate to vigorous physical activities and analyze Fitness Gram scores;
- Fitness Gram Assessment

### Materials required:

- Proper physical education attire (shorts, t-shirt, socks, tennis shoes). You are expected to change for class every day.
- Combination lock
- Composition book

### Class Rules:

1. Participate with vigor.
2. Follow directions and be prepared for class.
3. Adhere to Respect Agreement, B.A.R.K., & SAISD Student Code of Conduct
4. No electronic devices in class. Valuable items should be locked in your SCHOOL LOCKER; do not bring them to gym class.
5. No food/drinks in the gym or locker room, to include gum.

## Daily Expectations:

- Proper PE attire is an EXPECTATION and a REQUIREMENT on a daily basis.
- Socks and **tennis shoes** are required for gym class.
- Your gym clothes and personal lock should be carried on the days you have PE class. Lockers per class period are provided to secure personal items.
- If you are unable to dress, for any reason beyond your control, **BRING A NOTE** from home explaining the circumstances; a parent signature is required.
- **Cell phones or other electronic devices (including ear buds) are ABSOLUTELY NOT allowed during physical education class, whether you are dressed out or not. Students will have the option to lock their phones in their locker or place them in the class charging station.**
- All students should demonstrate good manners, positive language both verbally and non-verbally, honor the rules and appreciate the differences of others. School and district policies, procedures and consequences will be enforced.
- Participation in Physical Education class is **MANDATORY**.

## Daily Routines

1. Students will report to the gym on **designated day**. Upon entry they will turn in their phone and report to their assigned seat. Attendance will be taken when the bell rings. You will then have 10 minutes to change clothes, use the restroom and report back to the gym.
2. Students must be in their assigned Squad Lines for warm ups and agilities..
3. Instruction of physical education activities will be given.
4. Students will actively participate in both academic and athletic activities in class.
5. Student will be dismissed 10 minutes before bell to change clothes and line back up for dismissal.

## Grading Criteria

*Participation/Written work* = 60%

Includes but is not limited to: Dressing out; participation in activities; academic assignments.

*Assessments* = 40%

Includes but is not limited to: Presentations/Projects; Unit assessments; Fitness Gram assessment.

**\*\* NON-DRESS WILL RESULT IN LOSS OF A LETTER GRADE FOR THIS CLASS! \*\***

**Attendance –**

Students are expected to comply with the attendance policies created by SAISD. It is imperative that you are on time and present in class everyday in order for you to attain all of the skills to complete your physical education requirement. Students who do not comply with the Burbank Attendance Policy will be subject to disciplinary action.

Luther Burbank High School  
Physical Education Parent and Student Syllabus Acknowledgment Form  
2024-25

My student and I acknowledge that we have reviewed the syllabus and understand the requirements of the Physical Education -Foundations course. By signing this form, I agree to encourage my student through the Physical Education student expectations and support the Burbank learning community.

\_\_\_\_\_  
Student's Name (Printed)

\_\_\_\_\_  
Parent/Guardian's Name (Printed)

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Parent/Guardian's Signature

**Parent/Guardian Contact Information**

Parent cell #: \_\_\_\_\_

Parent home #: \_\_\_\_\_

Parent work #: \_\_\_\_\_

Parent email address: \_\_\_\_\_

*What is your preferred method of communication?*

*Cell phone*

*Home phone*

*Email*

**\*\*Please return to Coach Lerma or Coach Castro  
NO LATER than Friday, August 23, 2024.**