



## Middle School Course Guide

### Health, Physical Education, & Athletics

<b>59736</b>	<b>Personal Health &amp; Hygiene I (B)</b>	<b>1 Semester(s)</b>	<b>Gr: 6</b>
<b>59739</b>	<b>Personal Health &amp; Hygiene II (B)</b>	<b>1 Semester(s)</b>	<b>Gr: 7</b>
<b>59740</b>	<b>Personal Health &amp; Hygiene III (B)</b>	<b>1 Semester(s)</b>	<b>Gr: 8</b>

(SE)

**Prerequisite:** Eligible for A. L. E. program/placement by the ARD Committee.

**Description:** [Applied Learning Environment (A. L. E.) Course] Coursework addresses basic skills necessary to maintain health and personal hygiene. These courses are primarily for A.L.E. students placed by the ARD Committee.

<b>59817</b>	<b>Basic Integrated Health &amp; Physical Education 6 (B)</b>	<b>2 Semester(s)</b>	<b>Gr: 6</b>
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(SE)

**Prerequisite:** Physical education required by ARD as denoted on ARD Schedule Page.

**Description:** [Base/ABC/PAC] This is a locally designed course aligned with the Texas Essential Knowledge and Skills for Physical Education and Health and determined by the ARD Committee to be a suitable substitute for Integrated Health and Physical Education 6.

<b>59819</b>	<b>Basic Physical Education 7 (B)</b>	<b>2 Semester(s)</b>	<b>Gr: 7</b>
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<b>59820</b>	<b>Basic Physical Education 8 (B)</b>	<b>2 Semester(s)</b>	<b>Gr: 8</b>
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(SE)

**Prerequisite:** Physical education required by ARD as denoted on ARD Schedule Page.

**Description:** [Base/ABC/PAC] This is a locally designed course aligned with the Texas Essential Knowledge and Skills for Physical Education and determined by the ARD Committee to be a suitable substitute for Physical Education 7.

<b>54589</b>	<b>Partners in Physical Education Peer Tutor (NGP)</b>	<b>1 Semester(s)</b>	<b>Gr: 6</b>
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<b>54591</b>	<b>Partners in Physical Education Peer Tutor (NGP)</b>	<b>1 Semester(s)</b>	<b>Gr: 7</b>
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<b>54213</b>	<b>Partners in Physical Education Peer Tutor (NGP)</b>	<b>1 Semester(s)</b>	<b>Gr: 8</b>
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**Prerequisite:** Students must submit an application to become a peer tutor. Parents and students must sign a permission form allowing the student to become a Peer Tutor.

**Description:** This is a success-oriented physical education program featuring supervised peer tutors and individualized learning and instruction. The focus of the course is to encourage a variety of physical fitness activities, increase knowledge of health and fitness strategies and assist in the acquisition of individual and team lifetime recreational skills and activities. This course addresses the unique physical education need of student with a variety of disabilities in a setting that allows for positive interaction with peers, achieve success, improve social skills and build self-esteem. Peers need to be encouraging at all times and dress appropriately for activities.

<b>54589</b>	<b>Partners in Physical Education (NGP)</b>	<b>1 Semester(s)</b>	<b>Gr: 6</b>
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<b>54590</b>	<b>Partners in Physical Education (NGP)</b>	<b>1 Semester(s)</b>	<b>Gr: 7</b>
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<b>54238</b>	<b>Partners in Physical Education (NGP)</b>	<b>1 Semester(s)</b>	<b>Gr: 8</b>
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**Prerequisite:** Must be enrolled in an ALE self-contained program

**Description:** This is a success orientated physical education program featuring supervised peer tutors and individualized learning instruction. The course is designed to meet the unique physical education needs of students with disabilities who cannot meet the TEKS requirements or regular physical education because of physical, social, emotional, or behavioral limitations. This course is taught by a regular physical education teacher and is established as a regular unit of instruction in the master schedule. The purpose of this program is to encourage physical activity, increase knowledge of health and fitness strategies, and to assist in the acquisition of individual lifetime recreation activities and/or skills associated with team sports. The focus of this course is on students with disabilities, peer teaching and individualized instruction, expanded curriculum, and to create a more inclusive school environment.

NOTE: All courses may not be offered on every campus.



## Middle School Course Guide

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**54567 Integrated Health and Physical Education 6 (R)**

**2 Semester(s)**

**Gr: 6**

**Prerequisite:** \*\* Students must take four semesters of Physical Education in grades 6-8.

**Description:** Health and Physical Education are integrated into a combined activity/ classroom course designed to provide students with the basic knowledge and skills for access to a physically active and healthy lifestyle. Students are taught to critically analyze personal behaviors that have an impact on health throughout a lifetime. Students participate in activities that encourage social development, physical challenge and enjoyment. Opportunities are provided to measure and assess individual student performances and develop plans for improvement.

**54565 Classical Physical Education 6 (R)**

**1 Semester(s)**

**Gr: 6**

**CCM**

**Prerequisite:** \*\* Students must take four semesters of Physical Education in grades 6-8.

**Description:** [Magnet course offered only at the Classical Center at Brandenburg] This course is designed to provide students with the basic knowledge and skills for access to a physically active and healthy lifestyle. Students participate in activities that encourage social development, physical challenge, and enjoyment. Opportunities are provided to measure and assess individual student performances and develop plans for improvement.

**54165 Classical Health 6 (R)**

**1 Semester(s)**

**Gr: 6**

**CCM**

**Prerequisite:** None

**Description:** [Magnet course offered only at the Classical Center at Brandenburg] This course is designed to provide students with the basic knowledge and skills for access to a physically active and healthy lifestyle. Students are taught to critically analyze personal behaviors that have an impact on health throughout a lifetime. Students participate in activities that encourage social development, physical challenge, and enjoyment.

**54568 Developmental Gymnastics (R)**

**1 Semester(s)**

**Gr: 6**

**CCM**

**Prerequisite:** Magnet program admission

**Description:** [Magnet course offered only at the Classical Center at Brandenburg] Development gymnastics will provide students a variety of physical challenges to encourage the development of agility, balance, and coordination. Basic functional relationships between the motor and sensory systems in the body can be developed through the basic movement sequences learned in developmental gymnastics. Physical education credit will be awarded for this course.

**54575 Physical Education - Grade 7 (R)**

**2 Semester(s)**

**Gr: 7**

**Prerequisite:** \*\* Students must take four semesters of Physical Education in grades 6-8.

**Description:** In this course, students participate in physical activity and are encouraged to maintain a healthy level of fitness as their bodies grow and change. Knowledge of safety and the management of personal behaviors are reinforced. Instruction is directed more toward encouraging the incorporation of physical activity into a daily routine and less toward fundamental skill development. Health TEKS are infused into this course. HB 897 Hands-Only CPR requirement will be fulfilled in this course.

**54576 Physical Education - Grade 7 (R)**

**1 Semester(s)**

**Gr: 7**

**Prerequisite:** \*\* Students must take four semesters of Physical Education in grades 6-8.

**Description:** In this course, students participate in physical activity and are encouraged to maintain a healthy level of fitness as their bodies grow and change. Knowledge of safety and the management of personal behaviors are reinforced. Instruction is directed more toward encouraging the incorporation of physical activity into a daily routine and less toward fundamental skill development. Health TEKS are infused into this course. HB 897 Hands-Only CPR requirement will be fulfilled in this course.

NOTE: All courses may not be offered on every campus.



## Middle School Course Guide

### Health, Physical Education, & Athletics

**54570 Boys Athletics - Grade 7 (R)**

**2 Semester(s)**

**Gr: 7**

**Prerequisite:** \*\* Students must take four semesters of Physical Education or Athletics in grades 6-8.

**Description:** The seventh grade boys' athletic program will have limited interschool competition and will require time either before school or after school for in-season sports. This program is for the entire school year, and a student cannot be removed after the program has started. After the football season ends, those athletes not involved in the sport that is in season will participate in three days of weight training and two days of agility and skill development. Physical education credit will be awarded for this program. HB 897 Hands-Only CPR requirement will be fulfilled in this course.

**54571 Girls Athletics - Grade 7 (R)**

**2 Semester(s)**

**Gr: 7**

**Prerequisite:** \*\* Students must take four semesters of Physical Education or Athletics in grades 6-8.

**Description:** The seventh grade girls' athletic program will have limited interschool competition and will require time either before school or after school for in-season sports. This program is for the entire school year, and a student cannot be removed after the program has started. For those athletes not involved in the sport that is in season, the athletic program will consist of three days of weight training and two days of agility and skill development. Physical education credit will be awarded for this program. HB 897 Hands-Only CPR requirement will be fulfilled in this course.

**54585 Physical Education - Grade 8 (R)**

**2 Semester(s)**

**Gr: 8**

**Prerequisite:** \*\* Students must take four semesters of Physical Education in grades 6-8.

**Description:** In Grade 8, emphasis is placed on participation in physical activity for enjoyment and challenge, both in and out of school. Understanding the need to remain physically active throughout life by participating in enjoyable and challenging lifetime activities is the basis for Grade 8 instruction. Health TEKS are reinforced in this course.

**54586 Physical Education - Grade 8 (R)**

**1 Semester(s)**

**Gr: 8**

**Prerequisite:** \*\* Students must take four semesters of Physical Education in grades 6-8.

**Description:** In Grade 8, emphasis is placed on participation in physical activity for enjoyment and challenge, both in and out of school. Understanding the need to remain physically active throughout life by participating in enjoyable and challenging lifetime activities is the basis for Grade 8 instruction. Health TEKS are reinforced in this course. HB 897 CPR graduation requirement is fulfilled in this class.

**54580 Boys Athletics - Grade 8 (R)**

**2 Semester(s)**

**Gr: 8**

**Prerequisite:** \*\* Students must take four semesters of Physical Education or Athletics in grades 6-8.

**Description:** The eighth grade boys' athletic program will have interschool competition and will require time after school for in-season sports. This program is for the entire school year and a student cannot be removed after the program has started. After the football season ends, those athletes not involved in the sport that is in season will participate in three days of weight training and two days of agility and skill development. Physical education credit will be awarded for this program.

**54581 Girls Athletics - Grade 8 (R)**

**2 Semester(s)**

**Gr: 8**

**Prerequisite:** \*\* Students must take four semesters of Physical Education or Athletics in grades 6-8.

**Description:** The eighth grade girls' athletic program will have interschool competition and will require time after school for in-season sports. This program is for the entire school year and a student cannot be removed after the program has started. For those athletes not involved in the sport that is in season, the athletic program will consist of three days of weight training and two days of agility and skill development. Physical education credit will be awarded for this program.



## Middle School Course Guide

### Health, Physical Education, & Athletics

**54578 Gymnastics - Grade 7-8 (R)**

**1 Semester(s)**

**Gr: 7-8**

**CCM**

**Prerequisite:** \*\* Students must take four semesters of Physical Education or Athletics in grades 6-8.

**Description:** [Magnet course offered only at the Classical Center at Brandenburg] This athletic program will develop the physical, emotional, and psychological skills necessary to compete in gymnastics. Self-control, poise, self-discipline, and sportsmanship are pertinent areas to be addressed. The acquisition of skills in vaulting, tumbling, balance beam (girls), uneven bars (girls), pommel horse (boys), still rings (boys), parallel bars (boys), and horizontal bar (boys) will be the primary focus of the program. Students may take this yearlong course in grade 7 and/or grade 8. Physical education credit will be awarded. HB 897 Hands-Only CPR requirement will be fulfilled in this course.

**54588 Gymnastics - Grade 7-8 (R)**

**2 Semester(s)**

**Gr: 7-8**

**CCM**

**Prerequisite:** \*\* Students must take four semesters of Physical Education or Athletics in grades 6-8.

**Description:** [Magnet course offered only at the Classical Center at Brandenburg] This athletic program will develop the physical, emotional, and psychological skills necessary to compete in gymnastics. Self-control, poise, self-discipline, and sportsmanship are pertinent areas to be addressed. The acquisition of skills in vaulting, tumbling, balance beam (girls), uneven bars (girls), pommel horse (boys), still rings (boys), parallel bars (boys), and horizontal bar (boys) will be the primary focus of the program. Students may take this yearlong course in grade 7 and/or grade 8. Physical education credit will be awarded. HB 897 Hands-Only CPR requirement will be fulfilled in this course.

**54579 Team Gymnastics - Grade 7-8 (R)**

**2 Semester(s)**

**Gr: 7-8**

**CCM**

**Prerequisite:** Audition and evaluation by gymnastic coaches, \*\* Students must take four semesters of Physical Education or Athletics in grades 6-8.

**Description:** [Magnet course offered only at the Classical Center at Brandenburg] This athletic program will develop the physical, emotional, and psychological skills necessary to compete in gymnastics. This is a competitive class that will compete with area middle school gymnastics teams. Students will continue to develop skills in vaulting, tumbling, balance beam (girls), uneven bars (girls), pommel horse (boys), still rings (boys), parallel bars (boys), and horizontal bar (boys). Physical education credit will be awarded. HB 897 Hands-Only CPR requirement will be fulfilled in this course.