

TMS MISSION STATEMENT
Bee Hozhoogo Tsehootsooi Middle School fosters a safe learning environment that provides for a broad range of experiences learning to academic growth technological literacy, and self-confidence for all students.



TSEHOOTSOOI MIDDLE SCHOOL
S.Y. 2025-2026

TMS VISION STATEMENT
Naasgo Tsehootsooi Middle School will empower Dine scholars committed to life-long learning that enriches their lives, their culture, and their environment.

THINK ROCKS

RESPECT-ORGANIZED-CHARACTER-KINDNESS-SAFETY

BEFORE YOU MAKE YOUR ACTION AND DECISION.

KEEP IN MIND THAT YOU ARE RESPONSIBLE AND ACCOUNTABLE IN EVERYTHING YOU DO.

PHYSICAL EDUCATION SYLLABUS QUARTER 1

Grade 7 & 8

Course Information:

Physical Education for Grade 7 and 8

Elective

Venue – Gymnasium

Instructor Information:

Instructor – Mr. Teofilo C. Palomares Jr.

Home Phone Number – 928-730-0524

E-mail Address – palomaresteofilo1@gmail.com filo_palo@yahoo.com

Course Description:

The Physical Education course is designed to meet the Grade 7 and 8 standards set by the Arizona Department of Education for Physical Fitness (**Health-Related and Skill-Related Fitness Components**). This course will enhance motor skills, improve social and emotional state and help students to become more physically fit. It aims to promote active participation in academics and help students to become more productive in their everyday life. This should provide the students with comprehensive programs with basic and advanced skills to discover and develop the individual talents of each student through active participation in all activities. Provided activities shall cater to all levels and conditions of each student.

Course Standards:

1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
3. The physically literate individual exhibits responsible personal and social behavior that respects self and others.
4. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Course Objectives:

1. The students will develop and improve their physical fitness condition by active participation in activities for health-related and skill-based fitness components.
2. The students will learn the proper application of motor skills to our daily life.
3. The students will be prepared to engage in different sports events and daily activities that require more physical conditioning.

Evaluation:

1. Formative Assessments are given while covering a lesson. Class Participation/Practical Activities and

R.A.C.E.S are given regularly to measure students' progress.

2. Practical Assessment is given before the end of the semester

Grading System:

The grade will be computed based on the following components: **Attendance and Attitude, R.A.C.E.S, Class Participation, Class Performance and Practical Assessments.** Grades are updated twice a week in Power School. Students, parents/guardians may check grades in Power School. Parent-Teacher Conferences may be scheduled at any time during the school year to discuss grades.

Attendance:

The attendance is checked before and after each period.

10 consecutive absences will be dropped in the class.

Course Structure / Approach:

This class will utilize various methods of instruction, i.e. lectures, note taking, class discussions, practical activities, research, and other methods to meet the learning styles of each individual student. We will also incorporate the use of technology, i.e. laptops, smart board, Google: Docs, Sheets, Slides, Drawing.

Learning Topics	Standards
Physical Fitness Test	The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
1 Mile Run	
28 Meter Sprint	
Standing Long Jump	
Sit and Reach	
Sit Up	
Height	
Weight	
Motor Skills	The physically literate individual demonstrates competency in a variety of motor skills and movement patterns
Jump, Walk, Crawl, Jog, Hop, Skip, Kick, Run, Step, Lunge	
	The physically literate individual exhibits responsible personal and social behavior that respects self and others.
Table Tennis	The physically literate individual demonstrates competency in a variety of motor skills and movement patterns
Serve	
Forehand flick	
Backhand flick	
Forehand push	
Drives	
Basic stance and Footwork	
Health Related Physical Fitness Components	The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
Flexibility	
Cardiovascular Fitness	
Muscular Strength	
Muscular Endurance	
Body Composition	The physically literate individual exhibits responsible personal and social behavior that respects self and others.
Skill Related Physical Fitness Components	
Agility	
Speed	
Power	

Balance	
Coordination	
Reaction Time	

Class Expectation:

Always remember..... Be a Scout with ROCKS

RESPECT

- Show support for school and classmates.
- Watch and listen to the speaker with your whole body.
- Clap, cheer when appropriate.
- Take care of facilities and equipment.

ORGANIZED

- Keep an orderly fashion when entering facilities.
- Stay with your class, group and sit in an assigned area.
- Follow presenter directions, presentations.
- Stay in your own personal space.

CHARACTER

- Show SCOUT spirit and pride.
- Use your manners.
- Practice good sportsmanship.
- Acknowledge everyone's accomplishments.

KINDNESS

- Show support for school and classmates.
- Watch and listen to the speaker with your whole body.
- Clap, cheer when appropriate.
- Take care of facilities and equipment.

SAFETY

- Follow events, activities rules.
- Follow WRUHSD-CDC guidelines.
- Be aware of your surroundings.
- Stay seated.