



New Course FACT Sheet 2024-2025

Course Title: _____

Teacher Contact Information:

- shevieve.padgett@wearetherockofcf.org

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Course Overview:

- This PE class is designed to practice and develop skill in activities that will help you

• _____

- fitness goals that will aid in the development of a personal fitness plan. We will explore

• _____

Supplies Lists are provided on the TRA Website.

The Successful Student:

- Come to class with all supplies. (Wear deodorant, bring yoga mat, water bottle,

- movement log and pencil.) Wear closed toed shoes. No Crocs, sandals or heels.

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- Complete Movement Log weekly with parent signature.

• _____

- Bring in completed assignment (If one is given).

• _____

- Participate in class discussions, activities and games.

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The Successful Parent:

- Be aware of current assignments for their students by checking FACTS weekly.

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- Contact Coach Padgett with any questions or concerns via email.

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Homework Policy:

- Homework is due the very next class. One week late is 25 points off. Two weeks

- late will be given a ZERO. If there is an absence or vacation it is the students' responsibility

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- to check FACTS, get the assigned work and turn in upon their return.

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Physical Education - PE

Week-by-Week Overview

Semester I	Semester II
Week 1 Why is Fitness Important?	Week 19 Kickball History / Rules Part 1
Week 2 Hydration & Hygiene	Week 20 Kickball History / Rules Part 2
Week 3 Sun Protection	Week 21 Baseball History / Rules Part 1
Week 4 Football History / Rules Part 1	Week 22 Baseball History / Rules Part 2
Week 5 Football History / Rules Part 2	Week 23 Cornhole History / Rules
Week 6 Volleyball History / Rules Part 1	Week 24 Basketball History / Rules Part 1
Week 7 Volleyball History / Rules Part 2	Week 25 Basketball History / Rules Part 2
Week 8 Soccer History / Rules Part 1	Week 26 Review & Game Day
Week 9 Soccer History / Rules Part 2	Week 27 Relay Race Day - Rules and Games
Week 10 Review & Game Day	Week 28 Healthy and Unhealthy Hydration
Week 11 Dodgeball History / Rules Part 1	Week 29 Basic First Aid Part 1
Week 12 Dodgeball History / Rules Part 2	Week 30 Basic First Aid Part 2
Week 13 Stretching Part 1	Week 31 Plyometrics Part 1
Week 14 Stretching Part 2	Week 32 Plyometrics Part 2
Week 15 Healthy Eating	Week 33 Ab Workout
Week 16 How to Read Nutritional Labels	Week 34 Cardio Day
Week 17 Healthy Portion Sizes	Week 35 Course Review Day
Week 18 Review & Game Day	Week 36 End of Year Activities & Game Day

This schedule is an overview. TRA reserves the right to make changes during the school year.