

Coach Muniz
Middle School PE
Pine Island Academy
Curriculum Night
August 28, 2025

Expectations

- Wear PE Uniform Daily
- Wear proper footwear – no crocs, birks or slippers
- Participate with valid effort
- Respect yourselves and each other
- BE kind
- Follow directions
- BE SAFE
- WAVE “We All Value Each Other”

Locker Room Etiquette

Respect privacy

Keep noise down

NO phones/watches/electronic devices

Give personal space

Lock up your items when you leave

No running, horseplay-no climbing or sitting on top of the lockers

Keep clothes off the floor

Take uniform home regularly to wash

Practice good hygiene (wrap pads in paper towels or wrappers and throw in the garbage-never flush)

Change out daily

No inappropriate language

Water bottles for outside use, not in the gym

No gum in PE- choking hazard

No Food

Grading

Each student will receive a “100” if they meet all the expectations for the week and they will see the grade posted on Monday’s. If they don’t dress out or participate, points will be deducted but can be earned back.

We will be doing the Presidential Fitness Test twice this school year. This will never be a grade. The purpose of this test is not to shame anybody but allow them to see which component (s) of fitness they may need to improve or that they excel at.

Curriculum

The main objective of Physical Education (PE) is to equip individuals with the knowledge, skills, and positive attitudes necessary to adopt and maintain a physically active and healthy lifestyle throughout their lives. This involves developing fundamental motor skills, fostering physical fitness, understanding the importance of exercise, and cultivating personal and social qualities like sportsmanship, teamwork, and self-esteem.

PE class provides a broad range of sports, games, and activities to help individuals discover what they enjoy and provide them with the skills to remain active long-term.

Any questions?

Christina.Muniz@Stjohns.k12.fl.us