

Physical Education Courses

Athletics

Boys	Girls
Course: 0970	Course: 0870
TEDS: 03823000	TEDS: 03823000
Football, Basketball, Cross Country, Track, and Tennis	Volleyball, Basketball, Cross Country, Track, and Tennis

Athletics is open to 7th and 8th grade students interested in an extra-curricular activity through competitive sports with a coach's signature. The Keller ISD middle school athletic program focuses on teaching fundamental skills, building positive self-image, teamwork, goal setting, discipline, and includes a comprehensive off-season program designed to give the young athlete a sturdy foundation for future athletic endeavors. Tryouts are given for each sport when necessary.

Practices are before school and 1st period for 7th grade athletics and last period and after school for 8th grade athletics. Those athletes whose sport is not in season participate in an off season conditioning program. All students enrolled in athletics must participate in at least one sport. Participants must have completed and turned in the UIL athletic participation packet during the spring prior to the upcoming school year.

Each spring, prior to registration, coaches meet with athletes and parents to discuss the Keller ISD athletic program in detail and to answer any questions about competitive athletics, district sport safety guidelines, UIL regulations, registration deadlines, academic requirements, and the athletic code of conduct.

Physical Education

Course: 0705

TEDS: 03823000

This course is designed to enable students to have a broad base of athletic activities. Emphasis is placed on lifetime activities as well as individual, dual, and team sports. Students will gain knowledge and understanding of physical fitness, history and rules of various sports, wellness behavior, and proper social conduct. In addition, students will exhibit increased coordination, agility, flexibility, endurance, balance, speed, and power.

Tennis

Course: 0709

TEDS: 03823000

Students will learn the fundamental skills and rules used in regulation tennis. The class is designed to develop skills and an appreciation for the sport. Once interest and fundamental skills have developed, students may want to advance to competition level or play tennis as a lifelong athletic activity.

Physical Education Courses

Unified P.E.

Course: 5790

TEDS: 03823000

Unified P.E. is a success oriented physical education course for students with special needs and peer partners. This course can be taken for physical education credit or as an elective. Unified P.E. will enhance the existing academic schedule by offering a class that includes students with disabilities and students without disabilities working together to encourage physical activity while developing respect for one another. This course promotes physical activity, acquisition of individual lifetime wellness skills, team sports, and recreational activities while fostering relationships and developing leadership skills in the peer partners. ***Application required.***

The goals of the Unified P.E. course:

- To meet the physical education requirement for the students with disabilities in an environment of support and partnership, to increase their social skills, create friendships, and build self-esteem.
- To meet the physical education requirement for the students without disabilities, to develop leadership skills, to learn to interact and develop respect and empathy for their peers with disabilities and to understand from first-hand experience the expectations for careers working with individuals with special needs.

Physical Education Courses

Athletics

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TEDS: 03823000	TEDS: 03823000
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