

Jose Marti Mast 6-12 Academy Physical Education Department

Coach Bates & Coach Othon

Welcome to Physical Education!

- Welcome to another exciting year of Physical Education
- Our mission is to promote lifelong fitness and healthy living.
- PE is about teamwork, effort, and personal growth- not just athletic ability.

Meet Your Coaches

Coach Bates

- Experienced in fitness, team sports, and wellness education
- Focuses on effort, respect, and participation

Coach Othon

- Specializes in student engagement, conditioning and fun activities
- Encourages teamwork and personal improvement

PE Objectives

- Improve physical fitness and overall health
- Develop motor skills and coordination
- Learn the importance of sportsmanship and cooperation
- Understand lifelong wellness habits

Class Expectations

- Be on time and Prepared
- Wear proper PE uniform
- Respect your classmates and coaches
- Participate fully and safely
- Follow directions the first time

Grading Policy

- **Daily Participation & Uniform Required**
- Students are required to dress out daily, unless otherwise instructed.
- Proper PE uniform is mandatory for receiving a passing academic grade.
- **Grading Emphasis**
- The primary focus of grading is on:
 - Dressing out properly
 - Daily active participation

PE Uniform Policy

- Required PE uniform: school- issued from PTSA or white shirt and blue short from store of choice
- Athletic sneakers must be worn (no crocs, slides, or sandals)
- Bring a water bottle and stay hydrated!

Activities & Units

- Activities & Units
- Team Sports (Basketball, Soccer, Volleyball, Flag Football, Tennis)
- Fitness Circuits & Conditioning
- Health & Wellness Lessons
- Fun Challenges and Group Games

Locker Room Expectations

- Use Lockers responsibly
- No phones or cameras allowed
- Keep it clean and organized
- Change in & out of uniform quickly
- Locks can be purchased from Ms. Noa in the main office

Contact Information

For questions or concerns

- **Coach Bates:** tabell@dadeschools.net
- **Coach Othon:** 221694@dadeschools.net
- We're here to help — let's have a great year!

Let's Get Moving!

- We're excited to have you in class!
- Let's learn, play, and grow together.
- Bring your energy and positive attitude every day!