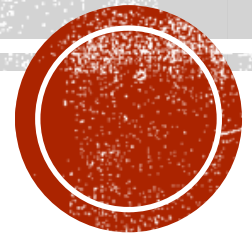
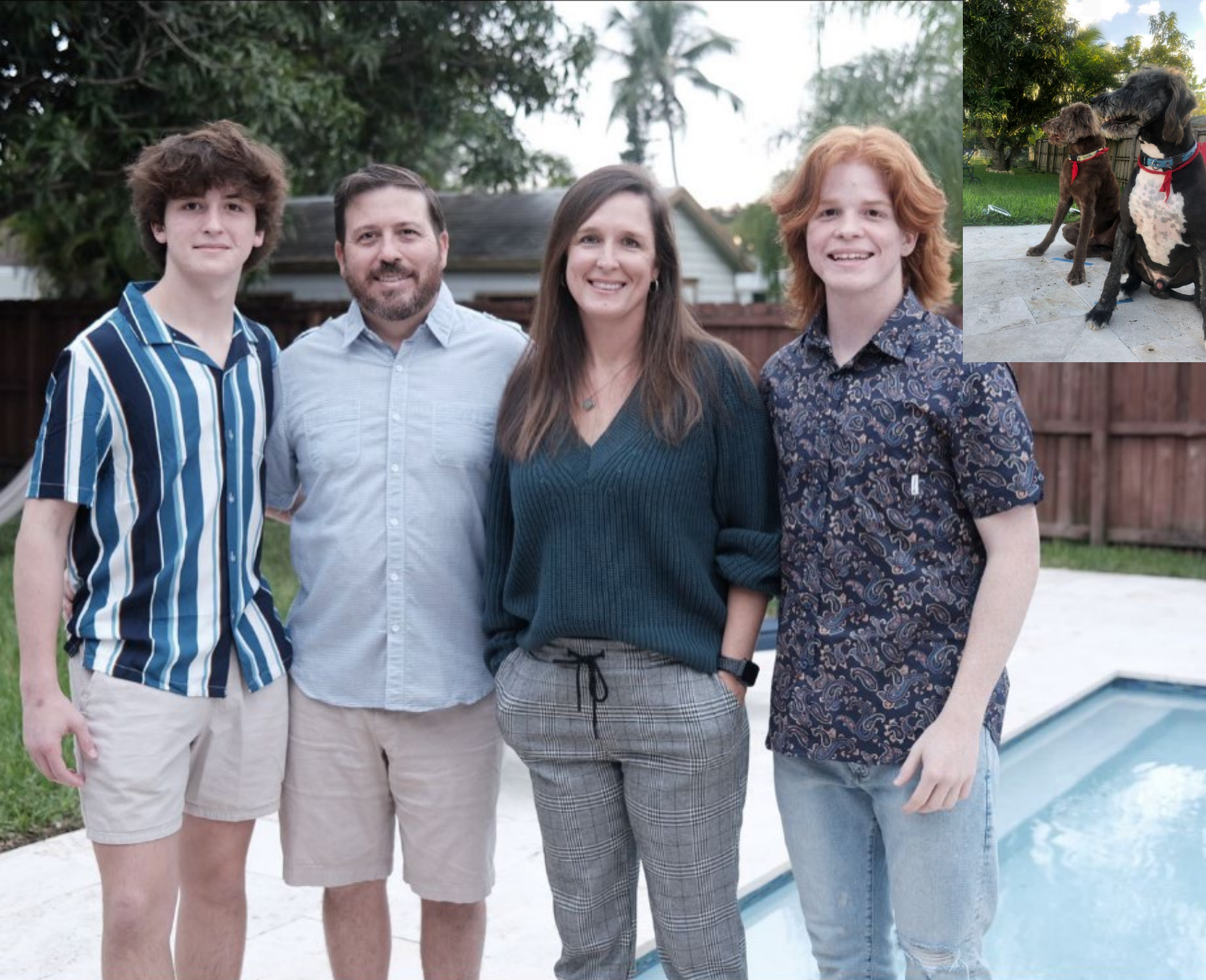


COACH FUNCIA PE 2022

Welcome to the 2022-2023 school year, I hope it is a very active and productive one.





FAMILY

My family is everything to me. I have a wonderful husband, Jose, an attorney, whom I met at FSU and two active boys, Gabe (18) and Luke (15). I am an animal lover and have 2 labradoodles and a cat.

This is my 17th year teaching. I have spent 5 years in the classroom teaching elementary math and science, SPED, and ESOL, and the other 12 years outside teaching physical education which is my true passion. I have coached high school volleyball for 16 years now and 12 years of coaching recreation sports including soccer, flag football, and basketball.



WHAT TO EXPECT IN MIDDLE SCHOOL PE

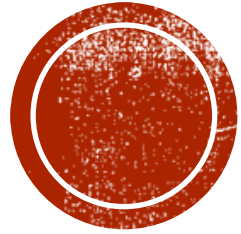
OBJECTIVES

- Provide foundation of knowledge, skills, and values for a physically active lifestyle
- Develop physical skills necessary for many forms of movement, knowledge of team sports concepts, and appropriate social behaviors
- Fitnessgram Component and Improvements: push ups, curl ups, sit and reach, trunk lift and the mile run

MATERIALS

- White PE MAST shirt, either long sleeve or short sleeve
- Navy blue PE MAST shorts
- Labeled water bottle
- Bug spray, suntan lotion, and a hat are optional





STUDENTS ARE EXPECTED TO PARTICIPATE IN EVERY CLASS. IF YOU ARE UNABLE TO PARTICIPATE I NEED A **NOTE** FROM YOUR PARENT OR GUARDIAN EXCUSING YOU FOR THE DAY. AFTER *2 DAYS* OF BEING UNABLE TO PARTICIPATE, I NEED A *DOCTORS NOTE* EXCUSING YOU FROM CLASS AND AN ALTERNATE ASSIGNMENT WILL BE ASSIGNED. ONCE I RECEIVE A DOCTORS NOTE, I NEED A NOTE (PARENT OR DR) CLEARING YOU TO PLAY ONCE YOU ARE ALL BETTER.

PARTICIPATION

WHAT SPORTS WILL I PLAY THIS YEAR?

- Ultimate Frisbee & Flag Football
- Kickball and Softball
- Basketball and Beach Volleyball
- Street Hockey and Field Hockey
- Team Handball
- Lacrosse and Dodgeball

*All units are approximately 3 weeks in length. One week is spent developing skills and knowledge of the sport and the other two weeks are for round robin tournaments. The students get to be captains and choose team names and report scores. At the conclusion of the tournament, the winners take a team pic and receive POPSICLES!!



TYPICAL DAY IN MIDDLE SCHOOL PE...

Schedule:

- 1) Attendance
- 2) Change into PE uniform
- 3) Run lap(s) around soccer field
- 4) Group stretches (8-10)
- 5) Fitness exercise challenge
- 6) Break into teams and play sports

Changing:

- Unfortunately, in middle school we do not have locker rooms.
- The girls always change in my classroom and the boys will change next door in Coach Kontos's class
- Yes, it is uncomfortable at first but after a week or two...they get use to it
- The brown partition is put up on both classes for privacy



My 2020 Varsity Volleyball team! I enjoy coaching these girls and getting to know them on and off the court. They are great examples of a student athletes!



OPPORTUNITIES AT MAST

***Your students can participate in high school sports! Several teams allow the middle school students to try out and play for their teams.**

***Currently I have 3 middle schoolers on the JV volleyball team.**

***If your child is interested in this opportunity...they need to see the athletic director and speak to the coach of the sport.**

***All students that try out must have a physical on file each year and pay for school insurance before tryouts begin.**

GOOD LUCK!!!!



SHOULD YOU EVER NEED TO REACH ME...SEND ME AN E-MAIL: **BETHFUNCIA@DADESCHOOLS.NET**, I USUALLY RESPOND PRETTY QUICKLY AND THAT IS BEST SINCE I AM ALWAYS OUTSIDE AND ON THE GO!!!!!!!

CONTACTING ME.....

