*Physical Education*

*FITNESS FOR LIFE*

![MC900318938[1]]()

 *Ms.Piazza*

 **EXT. 28672**

**The physical education curriculum is designed to assist students in developing an appreciation for a variety of lifetime fitness and leading a healthy lifestyle. The classes are structured to help students challenge themselves and to experience success at her/his individual ability level.**

**The student is expected to:**

* Dress properly for class (no jeans!)
* Participate in activities
* Thoroughly follow instructions
* Demonstrate respect for her/his peers and the teacher

# Participation and Dress Points Distribution

All students start the 10 week card marking with an A. **A full letter grade will be taken off EVERY SINGLE TIME for the following infractions:**

* No Dress: Inappropriate pants/shorts, shoes, gym shirt with last name, and no socks
* Unsportsmanlike conduct

If in any one quarter a student does not dress or participate more than 10 times (20 %), the students will **AUTOMATICALLY FAIL THE QUARTER.**

If a student is absent 5 times and /or suspended for any reason, he/she must complete a sport packet or P & D grade will be dropped one full letter grade.

**A point will be taken off your preparation grade EVERY SINGLE TIME for the following infractions:**

 - Wearing on jewelry

 - Shirt without a name

 - Missing part of his/her gym attire

 -A warm-up and stretching grade will be given. Students will lose points for not participating in the warm-up and/or stretches.

# The following actions and consequences will take place for lack of participation and dress:

 3 times = verbal conversation with student

 5 times = detention (also have F for participation/dress grade)

 7 times = referral to the assistant principal

 10 times = **FAILURE of QUARTER**

Citizenship:

 Citizenship grades will be lowered every two times...

 ~a student comes to class wearing jewelry

 ~hair is not tied back and/or bangs are not pinned back

 Citizenship grades will be lowered every time...

 ~a student brings gum, candy, food, etc. to class

# Grading Breakdown

Many components will make up the student’s overall grade. Below are the weighted percentages each element holds:

##  **75%**  **Formal Assessment**

##  Participation

 Written test

 **25%** **Informal Assessment**

 Preparation

 Sportsmanship

  Team Play Development

 Warm-ups

 Stretching

## Bonus credit will be given by leading warm-up exercises, preparing athletic article summaries (one page in length), and participating in bonus skills.

Participation/dress grade recovery will be given if a student reaches failure and then proceeds to dress/participate for five (5) consecutive days. Their participation/dress grade will increase by one third of a letter grade per (5) consecutive days.

##  Grading Scale

90% & Above = A

 80%-89% = B

 70%-79% = C

 60%-69% = D

50% & Below = E

**FACTORS AFFECT GRADES:**

 1. Effort – student must dress everyday and try to perform to the best of their ability.

 2. Participation – student must show continual, daily willingness to be involved in the lesson.

 3. Written test – a pencil is required to be brought to class on test day.

 4. Preparation – student must be dress appropriately to participate

 5. Team play grades – student must show best effort and knowledge when competing in an activity/sport

**If you are unable to participate on any day, a written note from a medical doctor is needed. Verbal or written parental excuses are not acceptable.**

\*\*The physical education department is not responsible for personal items in the locker room. PLEASE SECURE YOUR BELONGINGS!