Physical Education is an opportunity to experience individual and team sports that may carry over as lifetime activities. Students are expected to be responsible for daily preparation which allows them to experience the full benefit of teacher instruction and class participation. Physical education classes also receive instruction on team strategy and cooperating with others to promote fair play. The instructors will encourage all students to participate and expect pupils to perform to their maximum potential.

Students will be assessed on their efforts to be in squads on time, dress for class and cooperate with others. Also, daily participation, skill levels demonstrated, improvement during the required curriculum activities and through tests or quizzes.

The physical fitness activities are designed to assist students with strategies intended to aid in improved healthful living. Teachers will evaluate the level of student participation in daily physical education activities.

Physical education is a participation class and absences will affect grades. Therefore, it is important that students take the responsibility to make up the missed work due to any absences or for being unprepared.

Students must make arrangements with their teacher to stay after school for makeup fitness work.

**STUDENTS MUST ARRANGE A MAKE UP DATE WITH THE TEACHER ON THE DAY THEY RETURN FROM THEIR ABSENCE, OR THE SAME DAY THEY ARE UNPREPARED. *Make up days should be completed within a week of their return to class.***

Students absent from school or unprepared who stay after school during the fifth block for one day and perform satisfactorily, will receive credit for one eighty-minute block. Students who are unprepared will be allowed only one (1) make-up per marking period. **Students who are unprepared three ( 3 ) times during one marking period will fail for the marking period.** Students who acquire ten or more unexcused absences will receive a withdrawal of credit.

The following is a guideline for Physical Education assessment for a semester course:

**60%=PARTICIPATION**

**30%=PREPARATION/ATTITUDE**

**10%=KNOWLEDGE/HOMEWORK/WRITTEN EVALUATION**

**1-3 Days** – Medical Note/Excused Medical Absence: Stay for each day missed to obtain full credit.

**4 Days and over** – Medical Note/Excused Medical Absence: Student will be required to complete a research paper, report and/or keep a portfolio containing related daily assignments. The assignments will include, but not be limited to summaries of articles, class activities, and various related athletic and health events. The student will be required to update the portfolio daily.

All tests and quizzes must be made up.

School Trips: First trip is excused. When a student attends more than one trip they must make-up one day to gain back credit for work missed.

**Homework**

Students will use the website [www.edmodo.com](http://www.edmodo.com) to turn in their assignments. Students will receive a class code during the first week of school to access our class Edmodo account. Students are expected to create and sign in to their account by Friday, September 16, 2016. ***Every PE unit will end with an online quiz that the student will complete through Edmodo. The student will have one week to complete the quiz, if submitted late, a late penalty will be given (loss of one letter grade per week that it is late).***

Physical education students are required to dress appropriately for all activities. Proper footwear (sneakers) is required at all times. For safety reasons no jewelry may be worn during physical education. No exceptions will be made for pierced jewelry unless accompanied by a doctor’s note.

Students are responsible for their personal belongings. It is recommended that expensive items such as jewelry and large amounts of money not be brought to school. In order to maintain the safety of personal belongings, students must utilize the assigned locker. Allowing other students, who are not assigned to utilize your locker, and sharing the combination, will reduce the security of personal items. The school is not responsible for lost or stolen property.

Students who are properly prepared to participate in physical education class will be graded based upon a point scale daily.

**Physical Education Rules for Safe Dress:**

Change of clothing from school clothes to sneakers, t-shirts, shorts or sweatclothes.

No tank tops, hats, and jewelry.

**Squad and Warm-up Activity Credit**

Students will be expected to be in their correct squad on time (in proper PE attire). Students are required to *actively* participate in warm-up and stretching activities. Zero (0) points will be awarded if the student does not follow the proper squad procedures, and their grade during warm-ups will be reflective of their participation level.

**Preparation Points**

Students are expected to be properly equipped to participate in physical education class. Proper equipment and dress is outlined below. These points are only given when the student is properly equipped. Please note that if a student is not properly equipped and dressed for physical education class they will earn a zero (0) for the day and will not be able to earn Performance Points. **Students who are unprepared three ( 3 ) times during one marking period will fail for the marking period.**

**Performance Points**

Students will earn points for their performance in the given activity based upon the following criteria:

* Proper utilization of specific technique
* Demonstration of knowledge of terminology and strategy
* Following rules and safety procedures
* Demonstration of sportsmanship and teamwork
* Perseverance, determination, effort, and growth

**Performance Points Descriptors:**

* 4 = Demonstrates outstanding performance on a consistent basis
* 3 = Demonstrates very good performance on a consistent basis
* 2 = Demonstrates satisfactory performance on a consistent basis
* 1 = Demonstrates unsatisfactory performance in need of improvement
* 0 = Demonstrates continual unsatisfactory performance
* 0 = Consistently does not participate at all

**Health Grading (Marking Period 3)**

|  |  |
| --- | --- |
| 40%-Participation |  |
| 40%-Test |  |
| 20%-Homework |  |
| Final Health Grade |  |

A (90-100)

B (80-89)

C (70-79)

D (66-69)

F Below 66

**Please cut off and return by Friday, September 16, 2016.**

Must create and sign into Edmodo and Google Classroom by Friday, September 16, 2016.

*I have read and understand the rules and requirements for Physical Education class.* (Your signature is required. This form is due back on Friday, September 16, 2016, and counted for a homework grade.)

**Student Name:**

**Student Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent or Guardian Signature:**

**Date:**