

Physical Education
Instructor: Ms. Shuster

Grading System:

Each student's Physical Education grade will be determined by the following percentages:

40% Physical Fitness (If you earn a 100pts. = 40 pts.) www.presidewntschallenge.org

25% Class Preparation (100 pts. = 25 pts.) Dressed properly for gym class each day.

10% Skill/Written testing (100 pts. = 10 pts.)

25% Attendance/Participation (100 pts. = 25 pts.) Taking an active part in the gym class each day.

TOTAL POINTS AVAILABLE = 100

If skills are not part of the curriculum in the quarter, then that percent will be divided into the participation and fitness grade.

Grading:

1. Students begin each quarter with 100 points in Preparation. The below minuses are subtracted from the 100 points and the remaining total is 25% of the grade.
 - a. -10 points each day unprepared.
 - b. -5 points improper or no gym shirt, gym shorts or socks/sneakers.
 - c. -5 points lack of active participation during class.
 - d. -2 points for lateness
2. Students begin each quarter with Zero (0) points in Attendance/Participation and earn **2.5 points** per day. 40 days in the quarter x's 2.5 points per day will total 100 possible points. An absence from class will result in no participation points that day, however a make-up process is available upon the student's request. Whatever the student totals will be 25% of their grade.
3. The President's Challenge Fitness Test results will count 40% of the grade.
4. Skill/Written test averages on the activity covered in class will count 10% of the grade.

Dress Requirements:

1. Sacred Heart gym uniform (only a Sacred Heart gym uniform will earn a student full credit for the day).
2. Athletic shoes – if a student does not have athletic shoes, they are not permitted on the gym floor!!!
3. Socks

Class Procedure:

1. Students have 5 minutes to dress from the 2nd bell.
2. Attendance and dress check taken by instructor.
3. Warm-up jog followed by stretching.
4. Activity.
5. Dismissed by instructor to the locker rooms with 5 minutes remaining in the period. Showers are encouraged before dressing for next class.

Class Rules and Regulations:

1. Students will be graded for lateness and attendance.
2. Absent from class (regardless of the reason) will result in zero Attendance/Participation points earned for that day. A make-up process is available, upon the student's request.
3. Must wear proper attire for full credit.
4. NO horse play in locker room, it will not be tolerated.
5. NO one leaves gym without permission until bell rings.
6. Never use equipment without permission.

7. All students must be dressed to participate.

Class Participation:

1. A student must participate in gym class in order to play a sport.
2. A medical excuse from a doctor is required for any prolonged (more than 3 days) restriction from participation in class. A medical note is also needed to resume activity, unless the term was noted on the original note. No medical note will result in loss of credit and possible failure of class.
3. Any long-term medical excuse will require written work to make up for the fact that the student cannot participate physically in class. The teacher will decide on the length and assign the type of written project to be done.
4. A parental or guardian note is required for a short-term excuse from participation (3 days maximum) in class. *This note must go to the school nurse, then bring me the nurses pass.*