

SACRED HEART HIGH SCHOOL
PHYSICAL EDUCATION
Freshmen, Sophomore and Junior Gym Classes with Fitness Tests

Mr. Tucker

Each student's Physical Education grade is determined by using the percentages shown in these four specific areas.

- 40%** - **Fitness Test Results**
President's Challenge Program-
www.presidentschallenge.org
- 25%** - **Preparation**
Dressed *properly* for gym class each day.
- 25%** - **Attendance/Participation**
Taking an active part in the gym class each day.
- 10%** - **Written Tests**
Testing on the rules of the activity covered in class.
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- 100%** - **Final Grade**

PHYSICAL EDUCATION RULES and REGULATIONS

A. Dress Requirement:

- 1.** A Sacred Heart gym uniform (only a **SACRED HEART GYM UNIFORM** will earn a student **FULL CREDIT** for the day).
- 2.** Athletic Shoes—no one is permitted on the gym floor without athletic shoes!
- 3.** Socks.

B. Grading:

1. **Fitness Test**- The President's Challenge results will count 40% of each student's grade.
2. **Preparation** - Each student begins the quarter with 100 preparation points. Deductions will be made from the 100 points based on the following:
 - a. **-10 points** for any day a student does not dress for gym.
 - b. **-5 points** -improper gym shirt, gym shorts or shoes.
 - c. **-2 points** – late to class.

The remaining point total is then 25% of the student's grade.

3. **Participation/Attendance** - Each student will earn 2.5 points per day. An absence from class will result in no participation points that day; however a make-up process is available upon the student's request. A quarter normally consists of 40 days-therefore $40 \times 2.5 = 100$ points. Whatever the student totals will be 25% of their grade.
4. **Written Test Averages** - on the activity covered in class will be 10% of the student's grade.

C. Class Procedure:

1. When the bell sounds to start the period, students must be in the locker room and will have **5** minutes to change into their gym uniforms. Students must leave the locker room and come to the gym as soon as they are dressed for the class.
2. Class will start with all students sitting in their squads as attendance and gym uniform check is taken.
3. A warm-up jog (3 laps) will be followed by stretching.
4. The activity of the day.
5. The class will be dismissed to the locker room with **5** minutes remaining in the period in order to change back into school uniforms; improper behavior in the locker room will not be tolerated. After getting dressed, students must leave the locker room and return to the gym until the bell sounds to end the period.

D. Medical Excuse:

1. All notes (parent/guardian **or** doctor) must go to the Nurse for verification-the student will then bring me a pass from the Nurse.
2. A student with a medical excuse will not change into a gym uniform, but will be required to do a written assignment during the class.
3. Any long term medical will require a written project-I will assign the length and format of the paper.

SACRED HEART HIGH SCHOOL
PHYSICAL EDUCATION
Freshmen, Sophomore and Junior Gym Classes without Fitness Tests

Mr. Tucker

Each student's Physical Education grade is determined by using the percentages shown in these three specific areas.

40% - Preparation

Dressed *properly* for gym class each day.

40% - Attendance/Participation

Taking an active part in the gym class each day.

20% - Written Tests

Testing on the rules of the activity covered in class.

100% - Final Grade

PHYSICAL EDUCATION RULES and REGULATIONS

E. Dress Requirement:

1. A Sacred Heart gym uniform (only a **SACRED HEART GYM UNIFORM** will earn a student **FULL CREDIT** for the day).
2. Athletic Shoes—no one is permitted on the gym floor without athletic shoes!
3. Socks.

F. Grading:

1. **Preparation** - Each student begins the quarter with 100 preparation points. Deductions will be made from the 100 points based on the following:
 - a. **-10 points** for any day a student does not dress for gym.
 - b. **-5 points** -improper gym shirt, gym shorts or shoes.
 - c. **-2 points** – late to class.

The remaining point total is then 40% of the student's grade.

2. **Participation/Attendance** - Each student will earn 2.5 points per day. An absence from class will result in no participation points that day; however a make-up process is available upon the student's request. A quarter normally consists of 40 days - therefore $40 \times 2.5 = 100$ points. Whatever the student totals will be 40% of their grade.
3. **Written Test Averages** - on the activity covered in class will be 20% of the student's grade.

G. Class Procedure:

1. When the bell sounds to start the period, students must be in the locker room and will have **5** minutes to change into their gym uniforms. Students must leave the locker room and come to the gym as soon as they are dressed for the class.
2. Class will start with all students sitting in their squads as attendance and gym uniform check is taken.
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H. Medical Excuse:

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