

Mother Lode Christian School

K - 8th Grade P.E. Requirements

CLASS ACTIVITIES

The first 10 minutes are devoted to changing (7th & 8th grades), attendance, warm-ups, stretches and jogging. The remainder of the time will consist of instruction and participation of sports-related activities and cool down. All students will participate in the Annual Jog-a-thon in October.

CLASS EXPECTATIONS

Students are expected to put forth their best effort while encouraging others to do the same. Students working together with positive reinforcement and accepting of individual differences ensures every student has a positive P.E. experience.

- INJURIES must be reported to the teacher immediately.
- LOCKER ROOMS are for changing only.
- CHANGE TIMES - Students will be allowed to change into appropriate PE attire.

GRADING SYSTEM (10 points/day)

40% - INDIVIDUAL EFFORT/ENGAGEMENT/ATTITUDE

- Grades are based on the student's effort observed throughout the quarter
- Students are expected to participate daily with a positive and encouraging attitude in class

20% - SKILL EVALUATIONS

- Grades are based on observed skill acquisitions, practice and application

40% - PREPAREDNESS FOR CLASS

(7th and 8th grade students will have uniforms and can change at the beginning of class)

- All K- 8th grade students are expected to wear appropriate athletic clothing on P.E. days
- Lace up or Velcro shoes are required....***NO sandals, heels, hard soled shoes or boots***
- Lack of being properly dressed and ready for class will result in a **0%** for their class preparation grade

*Students will have an opportunity to make up 4 points lost during lunch recess when Coach Wright is present.

EXCUSED PARTICIPATION

Students bringing a note excusing them from P.E. from a parent or guardian should include date, reason for excuse, and include what the student **CAN** do. Students excused from P.E. for more than 3 classes in a quarter grading period will receive a written assignment related to P.E. at the beginning of the class and is to be turned in at the end of class. If a student becomes ill or injured at school or has forgotten a written excuse, participation will be excused for that day and the student will have to bring a note the next P.E. class or the student will receive **0%** for their preparation grade **AND** participation grade for the previous P.E. class.

Students who are instructed by their doctor **NOT** to participate in P.E. will be required to present a doctor's note indicating what the student **CAN** do, such as walking. Before being allowed to start participating in P.E. again, the student must present a doctor's note stating the student is cleared for P.E. activities. Any student who is unable to participate in P.E. will be ineligible for participation in any after school athletic activities. If you have any questions, please call 928-4126 and your call will be returned as soon as possible.

7TH & 8TH WEIGHTED GRADE RUBRIC

PARTICIPATION = 75%

QUARTERLY TASKS = 25% (7th & 8th

Grades)

Positive Individual Effort: **40%**
(Daily Engagement & Attitude)
Skill Evaluation: **20%**
Preparedness for Class: **40%**

1st Quarter - Health & Nutrition Assessment
2nd Quarter - Jog-A-Thon
3rd Quarter - Fitness Testing
4th Quarter - Game Design

GRADING SCALES

Kindergarten - 3rd

4 = Above Grade Level Requirements
3 = Meets Grade Level Requirements
2 = Approaching Grade Level Requirements
1 = Below Grade Level Requirements

4th - 8th GRADING SCALE

A+ = 96 - 100
A = 90 - 95
B+ = 86 - 89
B = 80 - 85
C+ = 76 - 79
C = 70 - 75
D+ = 66 - 69
D = 60 - 65
F = below 59

Thank You,

Donnie Wright

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MLCS P.E. Teacher

Parent or Guardian Name

Student Name

Parent or Guardian Signature Date

Student Signature Date