

MLCS K- 8th Grade P.E. CLASS

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. Mother Lode Christian School uses the examples put forth by Jesus Christ to create a compassionate yet challenging class. Students working together with positive reinforcement and the 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.
- Students will be allowed to change into appropriate PE attire at the beginning of class.

GRADING SYSTEM (10 points per day)

40% - INDIVIDUAL EFFORT/ENGAGEMENT/ATTITUDE

- Grades are based on the student's effort observed throughout each 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 each quarter.

40% - PREPAREDNESS FOR CLASS

- All K- 8th grade students are expected to wear appropriate athletic clothing on P.E. days.
- Lace up or velcro shoes are required, i.e. ***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 the 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. The assignment needs 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. The student will need to bring a note to the next P.E. class. If the student does not bring a note, he/she will receive **0%** for their preparation grade **AND** participation grade for the previous P.E. class. Students that miss multiple days of P.E. due to an injury or illness must present a doctor's note either excusing them from class or allowing them to participate in 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. 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.

5TH & 8TH WEIGHTED GRADE RUBRIC

PARTICIPATION = 75%

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

QUARTERLY TASKS = 25% (5th & 8th Grades)

1st Quarter - Health & Nutrition
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+ = 98 - 100
A = 93 - 97
A- = 90 - 92
B+ = 88 - 89
B = 83 - 87
B- = 80 - 82
C+ = 78 - 79
C = 73 - 77
C- = 70 - 72
D+ = 68 - 69
D = 63 - 67
D- = 60 - 62
F = below 59

All students are **required** to participate in physical fitness three days a week. Grades 7 & 8 must wear athletic uniforms, which can be purchased through the main office. Please make sure your child has supportive, lace up or velcro athletic shoes, i.e. no sandals, heels, or boots, to use in P.E. class. Please refer to P.E. Participation Form.

Middle School Sports Participation

Mother Lode Christian School students (6-8th grade) may participate in boys' or girls' basketball, volleyball, cross-country, and track. Most team practices are held after school from 3:30 PM - 5:30 PM. Students also have the opportunity to participate in pre and post-season tournaments. Students must maintain a minimum 2.5 GPA with no F's per grading period (including progress reports) to be eligible to participate in any MLCS athletic event.

Mother Lode Christian School students must be present for all periods of the school day to be eligible to participate in an athletic competition. Students must participate in PE the day of an athletic event to be eligible to compete in school athletics.