

Marina Village Middle School Physical Education Grading and Policies

Welcome to another great year of fun and physical education here at Marina Village Middle School. Here are the criteria for you to better understand our goals and policies. We hope to create a safe and welcoming environment for every student here on our campus.

WARM UPS: Every day, students are required to line up for attendance in a timely manner and participate in exercises that focus on stretching, muscular endurance, and strength. Students will be marked daily with (on time and participated) or (tardy and did not participate). These will be averaged in the final grade.

RUNNING PROGRAM: Each week students will participate in a medium and long run. Each trimester the passing times for each run will be progressively shorter, which will help build endurance and cardiovascular strength. Students will not receive credit for a run/walk if they attempt to cut the distance or fail to complete the run/walk in the designated time. If a student is absent or excused from the run/walk he/she will be required to make up the run. Make up dates will be posted in the gym and on the District Website's calendar. It will be the student's responsibility to know when make up runs are available. Students can expect to run the **Mile** at least one time per month on our Fitness Fridays. Mile run dates will be announced ahead of time and grades will be based on California Fitness Gram.

RUNS THAT ARE MISSED DUE TO ILLNESS AND INJURY CAN BE MADE UP. IF A STUDENT CHOOSES NOT TO PASS, A ZERO WILL BE RECORDED AND THE RUN CAN NOT BE MADE UP.

ACTIVITY: Students will participate in a variety of games and activities. Appropriate behavior is expected and daily participation in mandatory. If students choose not to participate, stand around talking with friends, or exhibit negative attitudes and behaviors, the activity grade will be lowered. Students will be reminded with verbal and non-verbal cues, prior to losing participation points.

If a student has a medical condition, illness, or injury that prohibits or limits a student's participation, a parent note is required. A note from a physician is required if the condition prohibits activity longer than 3 days. Students are required to complete an alternative written assignment to make up the points lost due to lack of participation - **EVEN WITH A PARENT NOTE OR PHYSICIAN NOTE** - if they are unable to actively participate, they are required to make it up. Missed runs must be made up by completing Make Up Runs which will be held every Monday immediately after school. All Make Up work is due within two weeks of the absence.

ABSENCES: Due to the participatory nature of Physical Education and in order to be consistent with Marina Middle School policy, it is expected that students make up points lost when absent due to illness. If the situation requires students to miss multiple days, or weeks of activity then accommodations and/or exceptions will be made by the MV PE department as outlined in the Marina Village Student Handbook.

DISMISSAL: After changing out, students will be dismissed to a clearly defined "waiting area" in which they are expected to stay until the bell rings at the end of class. Students leaving this area early will earn **Merit Loss**.

DRESSING DOWN: Students are required to dress down daily in the appropriate clothing. The Marina P.E. uniform consists of navy blue shorts, a white or grey T-shirt marked with student's name (no logos)* and lace up athletic-style shoes. Student's names must be marked on the front of the clothing (Last Name, First Initial). Dressing down is a major part of the curriculum, especially as they transition to high school; each student not properly dressed will lose 5 participation points for the day. Leggings for the girls are OK as long as PE shorts are worn over them. Students are encouraged to wear navy or grey sweats (a pair they are changing into every day) when it gets cold. * AXE, spray deodorants, or heavy perfumes are not allowed in the locker rooms.

GRADING : All students should be successful in Physical Education. We, as Physical Education Teachers, believe that grades are based on effort not ability, so each student will start the day with an A (10 points). This is a total of 100 points for each unit and each student's progress will be posted on jupitergrades.com. It is their responsibility, as students, to make choices to succeed. **Students cannot earn more than 10 points per day or lose more than 10 points, but points will be taken or awarded at the teacher's discretion.** With effort we know that all students will be successful.