

Marina Village Middle School Physical Education

2019/2020 Grading and Policies

WARM UPS: Every day, after dressing down, students will leave the locker room and sit in their roll call spots immediately for attendance. They will then participate in exercises that will focus on stretching, muscle endurance, and strength. Students will be marked daily as on time and participated or tardy and did not participate. These will be averaged in the final grade according to the scale below.

CARDIOVASCULAR PROGRAM: Throughout the week, students will participate in at least two different runs. The run on Wednesday will help them build endurance and teach them pacing and the Long Run (approx. 1.3 miles) on Friday. Each trimester the passing times for each run will be progressively shorter, which will help build 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 they will be required to make up the run.

Additional to the weekly runs, they will be tested on the **Mile Run** once a month. Grades will be based on California FitnessGram Standards with 12 minutes representing an average effort and therefore receiving an 'average' grade.

Under 8 Minutes= 50/50

8:00-8:59= 45/50

9:00-9:59= 40/50

10:00-11:59= 35/50

12:00 and over= 25/50

ACTIVITIES: Students will participate in a variety of games and activities. Appropriate behavior is expected and daily participation is 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.

ABSENCES, PARENT NOTES, and DOCTOR'S NOTES: 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 when absent or can not participate. If a situation requires students to miss weeks or months of activity then accommodations and/or exceptions will be made on an individual basis at the teacher's discretion. If a student has a medical condition, illness, or injury that prohibits or limits a student's participation, a parent note is required. If the injury or illness persists longer than 3 days, a note from a physician is required stating their medical condition, what they can and cannot do in PE, and the duration.

MAKE UPS: All days absent OR unable to participate due to parent note or doctor's note, need to be made up. All Make Up work is due within two weeks of the absence or inactivity. Mile Runs will be made up during class time at teacher's discretion. ALL other days will be made up on Tuesday and Thursdays from 7:35-7:45am with a cardio activity ran by one of the Physical Education Staff. Students need to come prepared to run with a

completed make up form. IF A STUDENT CHOOSES NOT TO PASS OR CHEATS, A ZERO WILL BE RECORDED AND THE MISSED DAY CAN NOT BE MADE UP.

Example of the Make Up Form. Make up forms can be found on the Marina website AS WELL as in each of the locker rooms.

MARINA VILLAGE MAKE UP FORM

Please complete this form and give it to the P.E. Teacher running make ups.

Name: _____ Date of Absence: _____

P.E. Period: _____ Teachers Name: _____

Make Ups are offered Tuesday and Thursday mornings from 7:35-7:45 in the GYM. Please come dressed ready to run. This form must be completed and handed to the teacher running make ups PRIOR to the start at 7:35 am.

YOU WILL NOT BE ALLOWED TO PARTICIPATE IF YOU SHOW UP LATE!!!!

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 early will earn Merit Loss or Detention.

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 the student's name (no logos)* and lace up athletic-style shoes. Student’s names (First initial, Last name) must be marked on the front of the clothing. 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. **NO LEGGINGS ALLOWED.** When the weather cools off students are allowed to wear a sweatshirt OVER their PE shirt, and grey sweats OVER their PE shorts. PE attire (shirts and shorts) can be purchased in the Marina Village office, sweatshirts and sweats are not provided.

GRADING SCALE: All students should be successful in Physical Education. Each student has the opportunity to earn 10 points a day. This is a total of 50 points for a week. 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 at the teacher’s discretion.** With effort we know that all students will be successful. As stated above, students will graded on the following criteria:

1. Dressing Down (shirt and bottoms)
2. Positive Participation and Effort

3. Attitude

By signing the section below you are showing that you have read and agree with the Marina Village Physical Education Grading and Policies.

Please keep a copy of the policies and return this page to your PE teacher.

I AGREE

Student Name: _____ PE Period _____ Teacher Name _____

Student Signature: _____

Parent Signature: _____