

HKHS PHYSICAL EDUCATION (PE1 & TEAM GAMES) CLASS EXPECTATIONS AND GRADING PROCEDURES

Daily Grading & Expectations

- 1) Students **must** change (**top and bottom**) and wear **sneakers** every day to earn credit for class.
- 2) For each class, students are graded on the following: Warm
up, Participation in all activities, Cool down, Effort, Attitude, Safety, Respect, Sportsmanship
- 3) If a student does not participate in class, they will receive a “zero” for that day. Repeated offenses will result in a disciplinary referral. *Physical Education classes are mainly based on participation. Each “0” received lowers the grade 10 points (one letter grade). Ex: Student’s Grade= 93%. With 1 “0”=83%, 2 “0’s”=73%, 3 “0’s”=63%.*

Exception: **Fitness Testing** and the **Swimming Unit** are required units for anyone taking **PE 1** for the first time and must be made up within its respective activity.
- 4) If a student participates in class without changing, they can earn partial credit (maximum of 3 points) for that day. At least 7 points will be deducted from the participation grade.

Quarter Grades and Course Grades

- 5) 10% of the grade for each Quarter will be quizzes. The remaining 90% will be based on Participation & Sportsmanship. The participation grade is a running grade that will change throughout each quarter. This grade starts at a 90 (A-) so that additional points can be added/earned rather than just taken away.
- 6) Your overall/final grade for the course/semester is Quarter 3 = 40%, Quarter 4 = 40%, Final Exam = 20%.

Other

- 7) All medical notes must be cleared through the school clinic prior to the start of class. **Only notes from doctors, athletic trainers, and physical therapists will be honored.** Students will not be allowed to return to participation without a note from one of those same medical professionals stating a return date. It is recommended to get a start and end date with the first note if possible. Parent notes will not be accepted as a medical exemption without a follow up note from a medical professional. A missed class spent in the nurse’s office does not necessarily exempt a student from losing credit toward their grade for the day. Also, many times, a “modified” note can be obtained where the student can work out other body parts while not impacting the reason they are seeing a medical professional. Students could potentially self limit, complete rehabilitation exercises, or explore other alternatives with the teacher.
- 8) All students are issued a lock for the Physical Education locker rooms. Please lock your locks both during and after class. You are responsible for your own valuables. We suggest locking your lock back on your locker as soon as you open the locker.
- 9) If you need to leave for any reason (bathroom, drink, etc.) you must communicate with a teacher before leaving class. Cell phones are to remain in the locker rooms at all times.

Please cut here and return the signed portion below.

Signing below acknowledges that you have read and understood the attached information. Please sign and return this to your teacher (_____) by (due date) _____. Period _____.

Student Name _____ Student Signature _____

Parent/Guardian Name _____ Parent/Guardian Signature _____

Please check off the best way to contact you and please provide the following information.

Parent/Guardian Email _____

Parent/Guardian Phone _____

National Physical Education Standards

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Connecticut Physical Education Standards

Standard 9: Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 10: Applying Concepts and Strategies

Students will demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

Standard 11: Engaging in Physical Activity

Students will participate regularly in physical activity.

Standard 12: Physical Fitness

Students will incorporate fitness and wellness concepts to achieve and maintain a health-enhancing level of physical fitness.

Standard 13: Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Standard 14: Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.