

### **ATTENDANCE – 30 POINTS**

Each class is worth 2 points. The maximum is 30 points. There are approximately 22 classes each quarter. If you have a uniform cut, you will lose 10 points but will get the 2 points for attendance. An improper performance which results in you getting sent to the office will not get you attendance points.

### **FITNESSGRAM PRE-TEST – 10 POINTS**

Completion of all three test will be worth 10 points, regardless of performance.

### **RUNNING/WALKING MILEAGE – 10 OR 20 POINTS**

For every mile that we complete, 1 or 2 points will be earned, depending on the quarter (quarter worth 10 points is 1 point per mile, quarters worth 20 points is 2 points per mile). Each day we do a ¼ mile worth of warm-up drills, so every four classes is 1 mile. We build this mileage up over the semester. If you go over 10 miles in the 1<sup>st</sup> or 3<sup>rd</sup> quarter, the mileage will carry over to the next quarter.

### **PROJECT: CURRENT EVENT ARTICLE – 10 POINTS**

Find an article that has to do with Physical Education. Topics include diet, nutrition, exercise, research, etc. Please do not bring in a biographical story, a box score, a local story on athletics. It should be informative as well as current. Bring the article to me so that I can okay it. I will then give you a worksheet so you can answer a few questions and write a summary. Keep in mind that anything given to me after the 10 points deadline will result in the termination of any carry over points to the 2<sup>nd</sup> or 3<sup>rd</sup> quarter.

#### **DUE DATES 1<sup>ST</sup> QUARTER:**

10 points: On or before 9/19  
9 points: 9/22 to 9/26  
8 points: 9/29 to 10/3  
7 points: 10/6 to 10/10  
6 points: 10/14 to 10/17  
5 points: 10/20 to 10/24  
4 points: 10/27 to 10/31  
3 points: 11/3 to end of 1<sup>st</sup> Quarter

#### **DUE DATES 3<sup>RD</sup> QUARTER:**

10 points: On or before 2/27  
9 points: 3/2 to 3/6  
8 points: 3/9 to 3/13  
7 points: 3/16 to 3/20  
6 points: 3/23 to 3/27  
5 points: 4/6 to 4/9  
4 points: 4/13 to 4/17  
3 points: 4/27 to end of 3<sup>rd</sup> Quarter

### **INDIVIDUAL EXERCISE PERFORMANCE ASSESSMENT – 10 POINTS**

BW Squat	DB Hang Clean	DB Bent-Over Rows
BW Front Lunge and Reach	DB Hang Snatch	BW Hanging Leg Raises
DB Bench Press	BW Chin-ups	BW Plank Pose Stabilization
BW Push-ups		

Students will perform each exercise during class. Students will fill out a rubric at the beginning of the semester and again at the end. One point for performing and filling out each exercise rubric.

## **PERSONAL FITNESS ASSESSMENTS – 10 POINTS**

Core Self-Evaluation Sheet, Gary's Matrix for time, Maximum Chin-ups, Maximum Vertical Jump, Core Goal Sheet. Students will do at the beginning of the semester and again at the end. Each is worth 2 points.

## **TENNIS SELF-ASSESSMENTS – 10 POINTS (GRADE 9)**

Four drills are done at the beginning of the unit and again at the end plus a self-assessment rubric. Each is worth 1 point each time it is completed.

## **VOLLEYBALL SELF-ASSESSMENTS – 10 POINTS (GRADES 10-12)**

Four drills are done at the beginning of the unit and again at the end plus a self-assessment rubric. Each is worth 1 point each time it is completed.

## **TRACK AND FIELD ASSESSMENTS – 10 POINTS (GRADE 9)**

Students will learn and compete in 5-10 events. Total point score is 10 points maximum (5 events = 2 points each, 10 events = 1 point each). Much depends on the weather.

## **BASKETBALL ASSESSMENTS – 10 POINTS (GRADE 10-12)**

Four drills are done at the beginning of the unit and again at the end plus a self-assessment rubric. Each is worth 1 point each time it is completed.

## **HEARTSAVER AED – 10 POINTS**

All PE students will have the opportunity to get a maximum of 10 points if they complete the work necessary to be certified through the American Heart Association. They can also get a card for a low cost. Certification is good for two years.

## **DEMERITS – MINUS 10 POINTS**

A uniform cut (must have sneakers, shorts and/or sweatpants, shirt and/or sweatshirt), an improper performance (results in getting sent to office for disrupting class), or a skip. These all result in 10 points being deducted from your grade. Make-ups will be once a week (they will be posted) and are worth 5 points. Keep in mind that a skip will result in an automatic F for the quarter. Subsequent skips will further deduct points off of your grade, making it very difficult to pass for the semester. Any shirt deemed offensive must be turned inside out at the request of the teacher. These include shirts which advertise drugs and alcohol. We have no jewelry policy other than if time is lost during class to look for lost jewelry, 10 points will be deducted from grade. If you feel it may fall off, lock it up in your locker. Shoes which are untied and fly off your feet will result in an improper performance as well. As always, safety first.