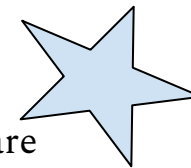


# Grading Policies



60% Self-Management/Participation: The components of this part of the grade are determined by a point system where students can earn up to 20 points per day (up to 5 points per area). : •Follow class (and school) rules and procedures/follow rules of daily activities. •PE work ethic/full participation •Cooperative participation/Respecting class community •Prepared for class: PE clothes and shoes, charged ipad.

20% Assignments, reflections, projects, and other written work: The components of this part of the grade may include: Weekly PE reflections, goals, fitness plans, fitness journals, projects, fitness data or other various written assignments. Most work will be done on iPads and submitted through google classroom. In order to maximize movement time (in PE) some of these assignments will need to be done outside of class.

20% Assessments: Includes self assessments on goals, Running and Fitness walking assessments, Unit Assessments, Plank and Core Work Assessments.

**Medical Excuse Policy:** In order to be excused from participating in class (full class or any part of class) student must have a doctor's note, signed and dated, explaining the injury or diagnosis. •Student may also provide a note from a parent, signed and dated, and explaining the injury or diagnosis. •Student must set up a time to meet with Ms. Garland to make up any missed work or runs. •If a student misses an extended period of time for injury an alternate assignment/project may be provided. Parents and students please use discretion when deciding to sit out from PE. We all feel less than 100% at times and fitness research indicates that a light workout can stimulate the immune system for quicker recovery.