

## **PHYSICAL EDUCATION**

Mr. Seymour

### ***GRADING CRITERIA***

#### A. Proper Dress

1. Tennis Shoes (NO STREET SHOES ALLOWED ON THE GYM FLOOR)
2. Socks
3. Shorts or Sweat Pants (NO COMPRESSION SHORTS)
4. T-shirt (NO QUESTIONABLE SAYINGS OR ADVERTISEMENTS OF DRUGS, ALCOHOL, ETC.)
5. Towel

#### B. Participation in ALL activities

1. Put forth your best effort
2. Exhibit a positive attitude
3. Use proper behavior and language at all times

### ***GRADING PROCEDURE***

Each student will start every quarter with 100 points. A student will lose points for the following reasons:

1. Not dressing out for class or improper dress (5 points)
2. Lack of participation (3 points)
3. Profanity (3 points)
4. Horseplay (3 points)
5. Improper use of equipment (3 points)
6. Tardiness (3 points)
7. Unexcused Absence (2 points)

\*A student who is not dressed out will participate in the day's activities to his/her best ability, but will lose 5 points because of failure to come prepared to class. If a student does not come prepared to dress for class and refuses to participate, then he/she will lose 10 points.

The grading scale is as follows:

- A 93-100 points
- B 83-92 points
- C 73-82 points
- D 65-72 points
- F 64-0 points

Daily participation is worth  $\frac{1}{2}$  of your grade

Written tests are worth  $\frac{1}{4}$  of your grade

Skills/Activities are worth  $\frac{1}{4}$  of your grade

\*A student who gives his/her best effort and fulfills the above requirements will receive no less than a C.

## ***HEALTH***

Health will be conducted in the multi-purpose room on Fridays. Students are expected to participate in group discussions on various articles and complete the written worksheets. Students will be expected to have a notebook and pencil with them.

## ***RULES***

You are allowed 6 minutes from the time the bell rings to get dressed and be ready for class. **You will be counted tardy if you are not fully dressed when I take roll.**

## ***EXCUSE NOTES***

Notes excusing you from participating in class due to illness or injury will be accepted from a doctor only. Remember, you are asked to participate to the best of your ability.

## ***FACILITY RULES***

1. Stay off the gym floor with street shoes. Walk around the court.
2. Stay off of the baskets. Don't hang on the net.
3. Stay off the bleachers when they are pushed in.
4. Keep the locker rooms clean. Your clothes are to be taken to your locker daily. Anything left in the locker room will be picked up and delivered to the Salvation Army.

**\*Be aware that you are in a co-ed classroom and certain rules of respect and modesty are a must!**