

# JACKSON LIBERTY HIGH SCHOOL

# JACKSON MEMORIAL HIGH SCHOOL

PHYSICAL EDUCATION and HEALTH REQUIREMENTS AND GRADING INFORMATION  
2015-2016

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Physical Education is an opportunity to experience individual and team sports that may carry over as lifetime activities. Students are expected to be responsible for daily preparation which allows them to experience the full benefit of teacher instruction and class participation. Physical education classes also receive instruction on team strategy and cooperating with others to promote fair play. The instructors will encourage all students to participate and expect pupils to perform to their maximum potential.

Students will be assessed on their efforts to be in squads on time, dress for class and cooperate with others. Also, daily participation, skill levels demonstrated, improvement during the required curriculum activities and a written test or quiz.

The physical fitness activities are designed to assist students with strategies intended to aid in improved healthful living. Teachers will evaluate the level of student participation in daily physical education activities.

Physical education is a participation class and absences will affect grades. Therefore, it is important that students take the responsibility to make up the missed work due to any absences or for being unprepared.

Students must make arrangements with their teacher to stay after school for makeup fitness work. Students absent from school or unprepared who stay after school during the fifth block for one day and perform satisfactorily, will receive credit for one eighty-minute block. Students who are unprepared will be allowed only one (1) make-up per marking period. Students have two (2) weeks to make-up PE absences and unprepared classes. Students who acquire ten or more unexcused absences will receive a withdrawal of credit.

The following is a guideline for Physical Education assessment for a semester course:

**60%=PARTICIPATION**

**30%=PREPARATION/ATTITUDE**

**10%=KNOWLEDGE/WRITTEN EVALUATION**

1-3 Days – Medical Note/Excused Medical Absence: Stay for each day missed to obtain full credit.

4 Days and over – Medical Note/Excused Medical Absence: Student will be required to complete a research paper, report and/or keep a portfolio containing related daily assignments. The assignments will include, but not be limited to summaries of articles, class activities and various related athletic and health events. The student will be required to update the portfolio daily.

All tests and quizzes must be made up.

School Trips: First trip is excused. When a student attends more than one trip they must make-up one day to gain back credit for work missed.

Parents are encouraged to review their child's grades through the parent portal. Through that system or through your child's class page, you can e-mail your child's teacher directly with any questions or concerns, to ensure your child's success in physical education.

Physical education students are required to dress appropriately for all activities. Proper footwear (sneakers) is required at all times. For safety reasons no jewelry may be worn during physical education. No exceptions will be made. The nurse is able to assist and help students with their piercings.

Students are responsible for their personal belongings. It is recommended that expensive items such as jewelry and large amounts of money not be brought to school. In order to maintain the safety of personal belongings, students must utilize the assigned locker. Allowing other students, who are not assigned to utilize your locker, and sharing the combination, will reduce the security of personal items. The school is not responsible for lost or stolen property.

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Students who are properly prepared to participate in physical education class will be graded based upon a point scale daily.

The following is a breakdown and criteria on how the points are distributed and earned by the students.

### **Physical Education Rules for Safe Dress:**

Change of clothing from school clothes to sneakers, t-shirts, shorts or sweatclothes.

No hats and no jewelry.

### **Squad Points = 1 Point**

Students who are in their correct squad on time and actively participate in warm-up and stretching activities can earn one (1) point. Zero (0) points can be given if the student does not follow the proper classroom procedure in this area.

### **Preparation Points = 3 Points**

Students who are properly equipped to participate in physical education class can earn three (3) points. Proper equipment and dress is outlined below. These points are only given when the student is properly equipped. Please note that if a student is not properly equipped and dressed for physical education class they will earn a zero (0) for the day and will not be able to earn Performance Points.

### **Performance Points = 4 Points**

Students can earn four (4) points for their performance in the given activity based upon the following criteria.

- Proper utilization of specific technique
- Demonstration of knowledge of terminology and strategy
- Following rules and safety procedures
- Demonstration of sportsmanship and teamwork
- Perseverance, determination, effort, and growth

### **Performance Points Descriptors:**

- 4 = Demonstrates outstanding performance on a consistent basis
- 3 = Demonstrates very good performance on a consistent basis
- 2 = Demonstrates satisfactory performance on a consistent basis
- 1 = Demonstrates unsatisfactory performance in need of improvement
- 0 = Demonstrates continual unsatisfactory performance
- 0 = Consistently does not participate at all

### **Health Grading**

40%-Participation	
40%-Test	
20%-Homework	
Final Health Grade	

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## Locker Assignment Sheet

I have read and understand the rules and requirements for Physical Education class. Your signature is required for the student to receive a Physical Education locker.

**Student Name:** \_\_\_\_\_

**Parent or Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Locker #:** \_\_\_\_\_

**Combination:** \_\_\_\_\_