

GRADE REPORT PHYSICAL EDUCATION

Grading Area	Grade
Personal Discipline Proper dress, attendance, attitude, sportsmanship, teamwork, cooperation, following rules and regulations	
Conditioning Includes weight training, running, warm-ups, stretching, core strengthening, balance and other fitness exercises.	
Team or Individual Participation Each student is expected to do the best they can in all of the sports or skills we cover. Regardless of ability, try to do your best and strive to improve your individual skills.	
Overall Grade	

Earning Points:

- ✓ Points will be awarded on a weekly basis.
- ✓ See participation levels below to understand how these points can be earned.

Participation levels in Physical Education:

- Level 1 Students who consistently show very good to outstanding effort and sportsmanship regardless of ability. In addition, they cooperate, give support, listen well and help classmates.
- Level 2 Students who typically put forth very good effort and sportsmanship. They generally make good decisions and take responsibility for their actions.
- Level 3 Students who show self control and stay involved in the activity. However, sportsmanship and effort are inconsistent.
- Level 4 Students do not fully participate on a daily basis or who fail to show good effort or sportsmanship.

Grade range:

- Level 1 = 93-100 points A
- Level 2 = 80-92 points B- to A-
- Level 3 = 60-79 points D- to C+
- Level 4 = 0-59 points No credit

**PETOSKEY HIGH SCHOOL
GENERAL AND FRESHMEN PHYSICAL EDUCATION**

Mr. Starkey
Winter-Spring 2011

Statement:

Physical education can increase student participation in moderate to vigorous physical activity and help high school students gain the knowledge, attitudes, and skills they need to engage in lifelong physical activity. Students are expected to participate fully and to do their best in all of the various activities we will introduce during the semester.

Facilities:

Petoskey High School has very good physical education facilities. We have a state-of-the-art gymnasium, an auxiliary gym, a well-equipped weight room, 12 tennis courts, a softball field and adequate outdoor practice facilities.

Units covered:

Tennis, softball, flag football, soccer, basketball, volleyball, floor hockey, badminton, group games,

Fitness activities:

Ongoing activities during the semester will include weight training, running, calisthenics and other fitness-related drills.

Rules:

1. All students will be completely dressed for class and in line for roll in the gym five minutes after the last bell rings.
2. Students are expected to wear gym shoes, socks, shorts (or sweats) and a t-shirt to participate. These clothes should not be the same as those they will wear to other classes. (Exception-shoes)
3. All students are expected to participate in class activities every day unless excused by a note from their parents and/or a doctor.
4. All equipment will be used in a safe, reasonable manner. You may be charged for any equipment damaged unnecessarily.
5. No one is allowed to leave the gym during class time without the permission of the teacher.
6. The school will assign locks to all students taking a PE course. Long lockers are to be used during the hour only. Lock your clothes in a short locker for overnight storage. The long lockers are used by other PE classes and by after-school athletic teams. Students need to pay attention to these procedures and to remember to lock their belongings in a locker at all times. Theft is a problem-the only way students can protect themselves is to always lock their lockers and/or to leave valuables out of this area of the school.
7. Food and beverages are not allowed in the locker room or gym.
8. Students are expected to behave in an orderly manner at all times. Improper language and inappropriate behavior will not be tolerated.
9. Report all injuries to the teacher.
10. Jewelry should not be worn during class. Cell phones and music players are not allowed in class.