

HASTINGS MIDDLE SCHOOL
PHYSICAL EDUCATION CLASS GUIDELINES
2008-2009

CLASS RULES:

1. Students must wear proper physical education clothing separate from the clothes they wore to school. The dress code is a white or gray t-shirt and black shorts along with athletic shoes. Sweats may be worn at any time over these required clothes. The sweats may be any color.
2. students will actively participate in class.
3. Students will be on time for class unless they have a note from another teacher or from the attendance office stating why they were tardy.
4. Students will not bring materials into the gym; all personal items need to be locked in a locker for safe keeping - **IF YOU DO NOT LOCK UP YOUR ITEMS, THE PHYSICAL EDUCATION TEACHERS ARE NOT RESPONSIBLE FOR THE LOST OR STOLEN ITEMS.** All items need to be cleared out of the lockers at the end of class so the lockers may be used by the next class.
5. Locks are not provided by the school, please bring one to class with you.
6. No gum or food of any type will be allowed in the gym.

GRADING POLICY:

Dressing for class - changing clothes for Phys.Ed. is necessary for hygienic and safety reasons. Clothing that allows for freedom of movement and wearing athletic shoes for stability are necessary for safe activity. If clothing is deemed unsafe by the PE staff there are consequences:

First Offense-1. Write a reflection on the importance of wearing safe and appropriate clothing during PE class. This should be a quality writing, due to the PE teacher at the end of the period or no later than 8am the next morning. Failure to do so will result in a second offense. 2. Participation and dress points will be deducted for that class period.

Second Offense-1. Additional report due at the end of class and phone call home. 2. participation and dress points deducted.

Third Offense- 1.Lunch detention and counselor referral. 2. participation and dress points deducted.

Fourth Offense- Send to Office for disciplinary action.

A white or gray t-shirt, black shorts, and athletic shoes are the only acceptable clothes for class. Clothing does not have to be purchased from our school store.

Maximum points earned during the quarter : 50 pts.

If the student has proper PE attire but it does not meet our specifications or they did not change back into street clothes, then the following rubric will also be applied:

0-1-2 dress cuts.....50 pts	3-4 dress cuts.....45 pts
5-6 dress cuts.....40 pts	7-8 dress cuts.....35 pts
9-10 dress cuts.....30 pts	11-12 dress cuts.....25 pts
13-14 dress cuts.....20 pts	15-16 dress cuts.....15 pts
17-18 dress cuts.....10 pts	19-20 dress cuts.....5 pts
21 or more dress cuts0 pts	

Sportsmanship and Participation - It is expected that each student will participate in all activities to the best of their ability. This is not a skill-based grade and is independent for each unit taught during the quarter. Students will also be graded on how well they work by

themselves and in groups. Treating all classmates with respect is expected at all times.

Maximum points earned during the quarter : 50 pts

50 pts : actively engaged, demonstrates excellent sportsmanship in all situations

45 pts : actively participates, cooperates and supports other teammates most of the time

40 pts : participates most of the time, cooperates with others in class

35 pts : participates most of the time, somewhat supportive of others in class

30 pts : participates occasionally, focuses on self more than others in class

25 pts : participates occasionally, disruptive towards others in class

20 pts : little participation, disruptive towards others in class

10 pts : little participation, no sportsmanship

0 pts : no participation, no sportsmanship

Make-up Policy - Students will be required to make-up missed classes due to absence or injury. Log on to www.physed4u.com and go to the make-up absences page and follow the directions. The Phys. Ed. staff will go over this procedure in more detail with the students.

Individual Unit: Skill and Growth Development - Each unit has specific skills that are necessary in order to participate. Each unit also has specific rules for safety and enjoyment that must be followed. Points are awarded based on how each student progresses and displays personal growth throughout the units.

Maximum points per unit : 50 pts

50 pts: consistent effort each class

40 pts: consistent effort most of the time

30 pts: some effort some of the time

20 pts: little effort some of the time

10 pts: very little effort most of the time

0 pts: no effort each class

DAILY CLASS SETUP:

1. Students will have a MON-WED(A) or TUES-THURS(B) schedule. They will meet for PE class on these days and on assigned FRIDAYS. The master schedule of Friday classes will be posted on the Physical Education equipment room doors down the hall from the gym. Students may check this schedule to see if they have PE or Music on a given Friday.

2. Each day a students comes to class, they have 4 minutes from the class bell to dress, LOCK BELONGINGS IN A LOCKER, and enter the gym.

3. Check in with the PE teacher when entering the gym.

4. The first 5-10 minutes of class will be devoted to physical fitness. The teachers will let the students know what the daily warm-up activity will be.

5. The daily lesson will follow the warm-up.

6. The students will have 4 minutes to change back into school clothes at the end of the period.(6-8 minutes if the class is outside)

CHECKING GRADES

In addition to quarter grade cards, Interim Progress Reports will be mailed home if a student is earning a C grade or lower. Parents and students can check progress at any time during the quarter by accessing the Parent Portal.

2008-09