

# Mother Lode Christian School

## K - 8th Grade P.E. Requirements

### CLASS ACTIVITIES

The first 5 minutes are devoted to changing (7th & 8th grades), attendance, warm-ups, stretches and jogging. The remainder of the time will consist of instruction, participation of sports-related activities and cool down. All students will participate in the Annual Jog-a-thon in October.

### CLASS EXPECTATIONS

Students are expected to put forth their best effort while encouraging others to do the same. Mother Lode Christian School uses the examples put forth by Jesus Christ to create a compassionate, yet challenging classes. Students working together with positive reinforcement and the accepting of individual differences ensures every student has a positive P.E. experience.

- Injuries must be reported to the teacher immediately.
- Students will be allowed to change into appropriate PE attire at the beginning of class. **(Especially shoes)**
- Locker Rooms are for changing only!

### 4TH-8TH GRADING SYSTEM

#### **40% - INDIVIDUAL EFFORT/ENGAGEMENT/ATTITUDE/PARTICIPATION**

- Grades are based on the student's effort observed throughout each grading period.
- Students are expected to participate daily with a positive and encouraging attitude in class.

#### **30% - SKILL EVALUATIONS**

- Grades are based on observed skill acquisitions, practice and application each grading period.

#### **30% - PREPAREDNESS FOR CLASS**

- All K- 8<sup>th</sup> grade students are expected to wear appropriate athletic clothing on P.E. days.
- Lace up or velcro shoes are required, i.c. ***no sandals, heels, hard soled shoes or boots.***
- Lack of being properly dressed and ready for class will result in a **0%** for their class preparation grade.

\*Students will have an opportunity to make up points lost during lunch recess when Coach Wright is present. Students will not be able to make up "Preparedness For Class" points.

### EXCUSED PARTICIPATION

Students bringing a note excusing them from P.E. from a parent or guardian should include the date, reason for excuse, and include what the student **CAN** do. Students excused from P.E. for more than 3 classes in a grading period will receive a written assignment related to P.E. at the beginning of the class and it is to be turned in at the end of class. If a student becomes ill or injured at school or has forgotten a written excuse, participation will be excused for that day when the student brings a note from the parent/guardian by the next P.E. class. If the student does not bring a note, he/she will receive **0%** for their preparation grade **AND** participation grade for the previous P.E. class. Students that miss multiple days of P.E. due to an injury or illness must present a doctor's note either excusing them from class or allowing them to participate in class. Students who are instructed by their doctor **NOT** to participate in P.E. will be required to present a doctor's note indicating what the student **CAN** do, such as walking. Any student who is unable to participate in P.E. will be ineligible for participation in any after school athletic activities. If you have any questions, please call 928-4126 and your call will be returned as soon as possible.

## **5TH & 8TH WEIGHTED GRADE RUBRIC**

### **PARTICIPATION = 75%**

Positive Individual Effort: **40%**  
(Daily Engagement & Attitude)  
Skill Evaluation: **30%**  
Preparedness for Class: **30%**

### **TRIMESTER TASKS = 25% (4th thru 8th Grades)**

**1st Trimester** - Jog-A-Thon  
**2nd Trimester** - Health & Nutrition Assessment  
**3rd Trimester** - **4th-5th** Relays **6th-8th** Track & Field

## **GRADING SCALES**

### **Kindergarten - 3rd**

4 = Above Grade Level Requirements  
3 = Meets Grade Level Requirements  
2 = Approaching Grade Level Requirements  
1 = Below Grade Level Requirements

### **4th - 8th GRADING SCALE**

A+ = 96 - 100  
A = 90 - 95  
B+ = 86 - 89  
B = 80 - 85  
C+ = 76 - 79  
C = 70 - 75  
D+ = 66 - 69  
D = 60 - 65  
F = below 59

Thank You,

Donnie Wright

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Mother Lode Christian School

P.E. Teacher

\_\_\_\_\_  
Parent or Guardian Name

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Parent or Guardian Signature      Date

\_\_\_\_\_  
Student Signature      Date