

Physical Education Grading Policy for 2023-2024

● Participation – 70%

- Students actively take part in each day's activities to the best of their abilities.
 - EFFORT! GOOD ATTITUDE! COACHABILITY!
 - **ANY** absence (including excused absences) will result in a loss of daily participation points and one can make up the day's points at a later date in **ADVISORY** if deemed necessary.
 - **Students who are ill need to bring a note from home to excuse them from participating** for the day and one can make up that day's points at a later date in **ADVISORY** if deemed necessary.
 - **ADVISORY** is the main source for making up missed class points and for earning extra credit points.
- Students dress appropriately for daily class activities.
 - **WHITE & RED UNIFORMS will be REQUIRED.**
 - Plain white t-shirts, red shorts/sweats/leggings, and athletic shoes. **ONLY** White, Red, Black, and Gray sweatshirts are acceptable..
 - Names will be **REQUIRED** on shirts.
 - No hats or sunglasses may be worn indoors.
- Students arrive on time to class and be prepared to participate. No leaving class at any time without permission.
- Students are highly encouraged to bring a **WATER BOTTLE** to class daily. Water fountain access is limited and please no sharing of water bottles.
- NO FOOD or GUM is allowed in class or in the gym.
- **NO ELECTRONICS** are permitted in class at **ANY TIME** or they shall be confiscated and/or point deduction for each offense will result.

Minimum requirement

- Students must run weekly miles (under 13 minutes) Time will decrease each quarter. Modifications are on a case by case situation.
- Non-completed miles will result in loss of one's daily participation grade (-8 points).
- **MEDICAL EXEMPTIONS:** Students with a note from a licensed M.D. may be excused from running, but depending on the student's condition, still may be required to walk a mile in under 15 minutes or perform an alternative cardio assignment..

● Skill – 10%

- Demonstration of a level of competence in the activities being taught
- Evaluation is done subjectively and through the use of skill testing via skill rubrics

● Knowledge – 10%

- Demonstration of knowledge (game history, game strategy, and game rules)
- Evaluation is done by written exams, written assignments, article summaries, journal writes

● Fitness – 10%

- Demonstration of level of competence in cardiovascular fitness
- Evaluation is done by timed mile runs
- Extra credit will be given for beating best quarter timed run as an incentive for improvement/effort

Mile Fitness Point

Points	Average Time
20	7:30 or lower
18	7:31 – 7:50
16	7:51 – 8:10
14	8:11 – 8:30
12	8:31 – 8:50
10	8:51 – 9:10
8	9:11 – 9:30
6	9:31 – 10:00
4	10:01+

EMAIL CONTACT INFORMATION FOR EACH TEACHER:

- * **BERBERIAN:** sberberian@ausdk12.org
- * **BAKER:** kbaker@ausdk12.org
- * **JANINIS:** djaninis@ausdk12.org (DC)
- * **SHEVELSON:** sshevelson@ausdk12.org

Ways to Lower Grade**Grade**

- | | |
|---|------------------|
| 1. Non-suit (4 or 8 point deduction) | A 90-100% |
| 2. Non-Participation in Daily Activity (up to an 8 point deduction) | B 80-89% |
| 3. Non-Participation of Daily Cardio Activity (up to an 8 point deduction) | C 70-79% |
| 4. Tardy (2 point deduction) | D 60-69% |
| 5. Absence (4 or 8 point deduction) | |
| 6. Removal from class because of Disruptive Behavior (4 or 8 point deduction) | |
| 7. Wearing PE Clothes over school clothes (4 or 8 point deduction) | |
| 8. Having phone in class (4 or 8 point deduction) | |
| 9. Using the gym as your backpack/equipment storage (4 to 8 point deduction) | |

Department Mission:**A physically educated student from Albany High School shall be expected to:**

1. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrate understanding of movement concepts, principles, strategies, tactics, and other knowledge based concepts as they apply to the learning and performance of physical activities.
3. Participate regularly in physical activity.
4. Become intrinsically motivated to pursue a healthy and active lifestyle in an increasingly changing society.
5. Achieve and maintain a health-enhancing level of physical fitness.
6. Exhibit responsible personal, social, and emotional behavior that respects self and others in physical activity settings conducive to a positive learning environment.
7. Value physical activity for health, self-worth, enjoyment, challenge, self-expression and/or social interaction.

Essential Standards for Physical Education (4):

- Students will be self-directed in pursuing knowledge and skills associated with physical activity and physical fitness for health and performance, while demonstrating knowledge of fitness concepts, principles, and strategies. (effort, attitude, participation, motivation)
- Students demonstrate competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
- Students will be able to demonstrate knowledge of the sociological, psychological/emotional concepts, principles, and strategies needed as they apply to learning and performance of physical activity.
- Students will achieve an understanding of rules, terminology, history, and game strategy.

FRESHMEN PHYSICAL FITNESS TESTING (PFT)

The California Physical Fitness Test (PFT) will be conducted in the Spring semester for PE-1 Freshmen during the month of April. Performance standards are determined by the State of California. Students will prepare for the test throughout the school year through the Physical Education curriculum as well as getting instruction and feedback

during the Fall semester trial physical fitness testing that will be conducted in December. The PFT is a comprehensive battery of health-related physical fitness tests for students. The test has five parts that show a level of fitness that offer a degree of defense against diseases that are caused by inactivity. The five fitness areas of the PFT are: Aerobic Capacity, Abdominal Strength and Endurance, Upper Body Strength and Endurance, Trunk Extensor Strength and Flexibility, and hamstring Flexibility by use of the Sit and Reach. More information to follow at a later date.

There is a danger of physical injury in all Physical Education classes. The potential for physical injury is much greater than in other classes. It is the responsibility of all students to be aware of their surroundings and be on the lookout for any situation that might be unsafe or situations that might cause personal injury to themselves or others.

The below acknowledgment must be returned/emailed/Google Classroom submitted to the Physical Education teacher. Students will not be allowed to participate in Physical Education class activities until this form is returned. All participation points for days missed will be forfeited.

Student Name _____

Date _____

Parent Name _____

Date _____