

MCHS PHYSICAL EDUCATION GRADING PROCEDURES

1. Participation points are accumulated on a quarter basis and point deductions are progressive. This is 70% of your grade. (140 points)
 - a. For each day you are **not** prepared, properly dressed or participating for physical education, you will receive a deduction. Points are progressive for not dressing (i.e. first zero = -10, second zero = -20, third zero = -30, fourth and final zero = -40) and the fourth time you will be dropped from that quarter's class, receive a failing grade and placed in study hall. Deduction of points will occur for lack of effort, being sent out of class for discipline issues, or being removed from activity by instructor for failure to follow school policies.
 - b. Unexcused absences: 10 points deducted for each occurrence. No makeup allowed.
 - c. TARDIES are also scored on a progressive basis (i.e. first tardy -2, second tardy -4, third tardy -6 and so on).
 - d. IMPROPER DRESS: not wearing the proper uniform or if your uniform is torn = -4.
 - e. O.S.S. and I.S.S.: Packets will be required for I.S.S. and the loss of points will be removed when the packet is completed and returned to your teacher. O.S.S. may be required to complete a packet or makeup the class work missed to recover points lost.

2. Knowledge tests will be given once a quarter on three units. These tests count as 30% of your grade. (60 points) Study guides will be given to you for studying.

GRADING SCALE

89.5 to 100%	A and A-	79.5 to 89.4%	B+, B and B-
69.5 to 79.4%	C+, C and C-	59.5 to 69.4%	D+, D and D-
59.4% and below	= F		

UNIFORM GUIDELINES

The required uniform for all classes is a maroon, white or gray t-shirt with sleeves, maroon or gray shorts worn at waist. Shirts may be plain or carry an MCHS logo and they must cover torso and undergarments even when active. Gym shoes are to have laces and be tied. Socks are recommended. Warm-ups and sweats may be worn when the weather or gym temperature calls for added warmth. Jewelry should be removed before entering the gym and a tardy may be assigned if you are sent back to remove any jewelry deemed dangerous.

DRIVER EDUCATION/BTW STIPULATION

Students in the BTW phase during their physical education class will have only half of the points possible since you are in class only half of the time (i.e. On your first "no dress day", you will be deducted 20 points and fail on the second). See your teacher for clarification if this pertains to you.

DEPARTMENT EXPECTATIONS

1. Participation is the most important part of physical education. It is your responsibility to be in class on time, dressed appropriately, and ready to participate in the day's activity. Do not compare yourself to others. Improve in a gradual and progressive way. Improvement takes place only when the body systems (respiratory, circulatory and muscular) are overloaded. Over time you will see improvement.
 - a. Participation points will be earned each day providing you participate to your best ability, show positive sportsmanship, follow directions and expectations, treat equipment and facility with care and show respect to teachers and classmates.
 - b. If you are not feeling well, dress for class and do your best, but please inform your teacher of the situation.
 - c. A note from a parent is required for illnesses or injuries lasting one to three days. Anything over that requires a note from a physician. If you become ill at school, a note from the nurse will be accepted.
 - d. Unexcused absences may be made up through activity before or after school according to your teacher's schedule. These must be initiated by you and completed before the end of the quarter.
2. Correcting attendance problems is your responsibility.
3. A tardy can be marked in two ways, by (1) not being in the physical education hallway by the tardy bell (no running in the hallway or commons to be on time) or (2) not being in your spot for attendance.
4. Locker room/Activity Areas:
 - a. No food, gum or beverages are allowed in locker rooms, hallway or the gym during the regular school day.
 - b. Leave valuables in your hall locker or have your instructor lock it up.
 - c. Before you leave for your activity or at the end of your physical education class, lock your locker. Your teacher is not responsible for stolen possessions.
5. Safety is a primary concern when using equipment and working around others. You must adhere to safety factors related to each activity. Report all injuries.
6. You are not allowed to leave the Physical Education hallway before tone the sounds.

CONSEQUENCES OTHER THAN LOSS OF POINTS

Not dressing: 1st offense constitutes a warning, 2nd offense constitutes a written notice sent to parents, 3rd offense constitutes a deficiency and the 4th is a failure and you will be assigned to study hall.

Tardies: on the fourth tardy, you will be assigned a detention and a written assignment. Subsequent tardies will require a detention and possibly a written assignment.

Language: (profanity and crude or inappropriate comments) 1st offense: a warning occurs and a fitness exercise is required (i.e. sit-ups, push-ups, etc.); 2nd offense: a detention is assigned; 3rd offense in the same day: the student reports to the assistant principal. Consequences are progressive during a week's time.