

PHYSICAL EDUCATION 4th - 8th Grade **TRIMESTER 3**

Below is an overview of PE including policies, procedures and grading. Activities, rules and grading are age appropriate and some might not apply to all students. Students will be engaged in a variety of activities and will follow safety protocols:

- Stations – aerobic / anaerobic / strength /endurance / flexibility
- Sports & Lead Up Games
- Recreational Games/Activities
- Fitness Testing – Fall & Spring trimester – Winter will be HR activities and the Pacer Test

Students will be graded in:

- Participation in activities, game play - 80% of their grade
- Fitness testing - 20% of their grade

Students will receive 3 points a day on PE days which will be entered in Powerschool. Multiple deductions can occur in the same category. Sometimes **WARNINGS** are given. **I encourage you to ask your student why points were deducted.** Below are the categories:

- ★ **Participation** – engaging positively in the activities & being prepared for gym
- ★ **Following Rules** – Teacher/Student collaboration (safety)
- ★ **Sportsmanship** – following activity/game rules & direction, being a gracious winner & loser
- ★ **Positive Attitude & Behaviors** – respecting yourself, others, equipment & trying your best

Students will receive weekly points which will be entered in Powerschool.

**If a Student cannot participate due to injury or extended illness
a Doctor's note is needed with a return to participate date.**

Please return this sheet by March 18th 2024

Please feel free to contact me if you have any questions or concerns.

Lori Loquercio - l.loquercio@saintalphonsus.com

Printed Students Name: _____ Grade: _____

Student's Signature

Parent / Guardian Signature