

Physical Education Waverly Middle School

◆ GRADING

20 points will be available to be earned each day.

- **Points will be deducted from a student's grade for any and all of the following infractions: improper gym wear, not actively participating in the game or exercises, inappropriate attitude being displayed, not cooperating and being disrespectful of others or of the gym equipment, showing poor sportsmanship, being irresponsible and/or being late for class, and not giving your own personal best effort.**
 - **Poor attitudes and not working hard will hurt your grade the most!!!**
- ◆ **Additional grading will consist of knowledge assessments on rules and terminology of games, performance assessments on skills and fitness tests and activity logs.**

*****Any and all students who are not dressed properly will not be allowed to participate and will be given an alternative assignment. This alternative assignment will include a written project and the student will be required to make up the time before or after school in the fitness room to receive any points on their grade.**

*****Any and all students needing to sit out of PE because of illness or injury will need proper documentation (parental/doctor/nurse note) to be excused for that day(s). Without proper documentation they will be given the alternative assignment and will be required to make up the time before or after school in the fitness room—no exceptions!!!**

*****Students tardy to class will lose 4 pts. off their daily grade. Habitual tardiness will result in a conference with the principal and parental involvement.**

◆ **7th and 8th graders will need to dress out every day.**

- **Proper attire: Shorts (of appropriate length)/sweatpants, t-shirts (no cut-offs), socks, athletic shoes (no sandals, crocs, flip-flops, boots, dress shoes, etc.)**
- **If you have an activity contest after school (FB, VB, BB, Wrestling, T&F) you will still be expected to participate fully during PE.**
- **Use your gym lockers and keep your items securely locked away.**
- **You must get dressed and be in the gym within 5 minutes of the tardy bell ringing.**
- **Never leave the gym without teacher permission.**
- **You will be given approximately 5 minutes to change at the end of class—you will not be allowed to leave for your next class until the dismissal bell rings.**

◆ **GENERAL PROCEDURES**

- 1. Instant Activity—for those 1st in the gym—skills work, stretching, Core strength work, etc.**
- 2. On the whistle—instant activity items put away and line up on end line for taking attendance and announcements.**
- 3. Warm-ups**
- 4. Activity of the Day.**