

# TAMMI MYERS

## GRADING POLICIES 2018-19

### HEALTH ENHANCEMENT I

- ✓ PARTICIPATION – 50% of students grade
  - Students must dress out everyday to receive participation points
  - Each student begins the quarter with 100%
    - With each no dress -10 Points will be deducted from their 100% start value.
    - At three no dresses the student will meet with Mr. English and a letter sent home indicating their current status of a 70% C-
    - At 5 no dresses the student will again meet with Mr. English and be removed from class and entered into study hall. At which time the student will remain until quarters end. The student will receive an F and will be unable to return to Health Enhancement until the start of the next quarter.
    - In addition, -5 Points will be deducted from the 100% each time a student forgets tennis shoes.
  - Written Dr.'s notes excusing student from physical activity will be the only written notes accepted for non-participation.
  - Notes from home are appreciated as they will keep me informed as to the students health or injury status, however they will not be accepted as a release from participation. As extenuating circumstances arise for non-participation it will be looked at on a case-by-case basis.
  - **\*\*Note any student sent to the office during class time will receive a zero for that class period.**
- ✓ FITNESS/ACTIVITY – 30% of students grade
  - Heart Rate Fitness
  - Sportsmanship, Team Player Abilities, Fair Play, Positive Attitude
- ✓ HEALTH - 20 % of students grade /ACTIVITY SKILLS/HOMEWORK/Portfolio

### FITNESS FOR LIFE

- ✓ PARTICIPATION – 50% of students grade
  - Students must dress out daily to receive participation points
    - Each student begins the quarter with 100%
    - Each no dress -10 Points will be deducted from students 100% start value.
    - At three no dresses the student will meet with Mr. English and a letter sent home indicating their current status of a 70% C-
    - At 5 no dresses the student will again meet with Mr. English and be removed from class and entered into study hall. At which time the student will remain until quarters end. The student will receive an F and will be unable to return to Fitness for Life until the start of the next quarter.

- In addition, -5 Points will be deducted from the 100% each time a student forgets tennis shoes.
- Dr.'s excuse will be the only excuse acceptable for non-participation.
- Notes from home are appreciated as they will keep me informed as to the students health or injury status, however they will not be accepted as a release from participation. As extenuating circumstances arise for non-participation it will be looked at on a case-by-case basis.
- **\*\*Note any student sent to the office during class time will receive a zero for that class period.**
- ✓ FITNESS – 25% of students grade
  - Heart Rate Fitness log
- ✓ ACTIVITY – 25% of students grade
  - Exposure too advanced lifetime activities that concentrate on rules, logistics, body control and higher level thinking

### PHYSICAL FITNESS

- ✓ PARTICIPATION – 30% of students grade
  - Students must dress out daily to receive participation points
    - Each student begins the quarter with 100%
    - Each no dress -10 Points will be deducted from students 100% start value.
    - At three no dresses the student will meet with Mr. English and a letter sent home indicating their current status of a 70% C-
    - At 5 no dresses the student will again meet with Mr. English and be removed from class and entered into study hall. At which time the student will remain until quarters end. The student will receive an F and will be unable to return to Fitness for Life until the start of the next quarter.
  - In addition, -5 Points will be deducted from the 100% each time a student forgets tennis shoes.
  - Dr.'s excuse will be the only excuse acceptable for non-participation.
- ✓ Notes from home are appreciated as they will keep me informed as to the students health or injury status, however they will not be accepted as a release from participation. As extenuating circumstances arise for non-participation it will be looked at on a case-by-case basis.
  - **\*\*Note any student sent to the office during class time will receive a zero for that class period.**
- ✓ Effort – 60% of students grade
  - Students ability to attain “breaks” in their weekly weight lifting sessions
- ✓ Record Keeping – 10% of students grade
  - Precise record keeping is critical to weight lifting improvements