

Grades 6-8 P.E. Grading Scale 1st trimester

The first trimester the academic goals are:

1. Health Based physical testing-you can't improve until you know where you are starting and what is important.
2. Basic information about hydration-its hot
3. Recognize people who treat each other well

Grading scale

- 1 94-100%
- 2 86-93
- 3 77-85
- 4 76 or below

Dress 24 classes	24 points
Exercise Segment (prep for fitnessgram)	24 points
Citizenship in class	24 points
Hydration test	5 points
5 aspects of health related fitness test	23 points

Panther head points (extra credit for leadership, sportsmanship, etc.)

Examples of actions that earn a panther head

Life skill-communication

Use "I think you are making a mistake" instead of accusing someone of cheating.

'Listening' when somebody says "I think you're making a mistake".

Solving disputes on your own.

Life skill-Paying Attention

Asking intelligent questions

Following instructions properly the first time.

Life skill(s) Trustworthiness, honesty,

Understanding and following the rules

If you make a mistake, confess, apologize and improve!

Life skill-Leadership

Organize your group (without screaming).

Caveats

These aren't the only things on the list, nor do I recognize every good thing.

Expectations may be different for individuals.

Behavior points- Lose one point for misbehavior.

Conduct marks- lose 4 points

On the stage behind the curtain without permission? Minus 2

Choking hazard, gum, food etc. Minus 2

Other Extra credit

Mile run- 2 points each

One down and back in the gym is 178 ft. A mile is 5280 ft.

Each student may gain points by showing up before or after school, executing a 5 minute warm up, run/walking a mile (30 down and backs) in the target heart rate zone, and doing a 5 minute cool down. This will take about 15-35 minutes. Scheduling this with Mr. Fowler assures an adult witness. Students are NOT required to do this for extra credit and may stop at any time. 6th and 7th grade will not wear heart rate monitors until I teach them how.

Captains

Serving as a captain is worth up to 2 points.

2 points- Captains have the team sheet without themselves assigned to Mr. Fowler 1 day before class.

1 point- Captains have the sheet the day of the activity

-1 point- Whoops, we didn't do it or don't have it (doesn't matter why)!

Note copying

Any student may gain 1 point for hand copying the Hydration notes, 3 points for copying the 5 parts of health related fitness notes.

8th grade only can get 2 points for hand copying the flexibility notes, 3 points for strength notes or 3 points for the cardio notes I taught you last year.

If class is cancelled, maximum credit is assigned. No extra credit.