GRADING PHILOSOPHY

Our goal in the Physical Education Department at Thunder Mountain Middle School is to provide each student with an opportunity for success and enjoyment. We evaluate students on the quality of effort and care they put into the physical education class period, regardless of their physical ability.

Every student has the ability to be successful.

We define the quality of a student’s participation by their level of effort, attitude, sportsmanship/cooperation, attention and preparedness. We believe that students who strive for achievement in those areas will make positive, natural progress in their learning and development, and will have a positive effect on their classmates.

Your daily grade in PE at TMMS will be a reflection of the effort you put into your participation. Grades will be readily available for you to check your progress. Your daily participation performance is evaluated and then given a point value that represents one of the following levels:

(10-9 points) OUTSTANDING: An exceptional or “A” level grade is given to those students who consistently demonstrate outstanding participation. They show excellent levels of effort, a positive attitude, great sportsmanship, careful attention, and are always adequately prepared. Additionally, the student must show a desire to get better daily, asking for help when needed.

(8 points) SELF-DIRECTED: Students must show effort and progress in all areas of participation to gain an 8, or the equivalent of a “B” level grade. They must be self-directed, and show responsibility for their behavior and learning. Students at this level must show positive progress, and do not require direct supervision.

(7 points) INVOLVED: This level of performance represents adequate or “C” work. The student stays involved, and makes some effort in their participation skills development. The student must avoid behaviors that interfere with the progress and learning of others.

(6 points) MINIMAL EFFORT: This level represents work which is unmotivated and/or at a minimal level of effort. Students must behave adequately in as much as the show of self-control. Additionally, they must not interfere with other student’s opportunity to learn, or the teacher’s ability to teach.

(5-0 points) UNACCEPTABLE: Five to zero points or a failing grade is given to students who required disciplinary action because of their unacceptable behavior. The student has acted in an irresponsible, undisciplined, and/or disrespectful manner. Their actions have interfered with other’s opportunity to learn the safety of the class, and/or emotional or physical rights of others.

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THUNDER MOUNTAIN MIDDLE SCHOOL
PHYSICAL EDUCATION
GRADING CRITERIA

To help the parents and students understand our 10 point grading system; the following examples will help clarify our expectations:

LOCKER ROOM BEFORE AND AFTER CLASS

10-9 On time to locker room
Locks up clothes and personal belongings
Sits quietly on bench until dismissed to the gym

8 On time to locker room
Locks up clothes and personal belongings
Sits on bench until dismissed to gym

7 Tardy to class
Needs lock combination
Leaves personal belongings unlocked
Does not stay seated on bench
Uses a loaner uniform – 1st 3 per quarter

6-0 Use of wrong locker
Still changing clothes when dismissed to gym
Clothes left out/not locked up
No bathroom needs addressed/waits until dismissed
Lost lock
Walks around or stands on bench
Sings and yells out loud
Inappropriate behavior that disrupts other students
No tennis shoes
Uses a loaner uniform – 4+ times per quarter

FROM LOCKER ROOM TO GYM – INCLUDING ATTENDANCE/WARM UP

10-9 Goes directly to roll spot and sits down
Does all warm up exercises correctly and with Focus

8 Goes to roll call spot
Does all warm up exercises correctly
Meets teacher expectations most of the time

7 Does most warm up exercises
Does not always meet teacher expectations

6-0 Does not meet the above expectations

DURING PE CLASS

10-9 Acts in a safe manner at all times
Listens to all activity directions
Cooperates with activity organization
Works hard to the best of their ability
Demonstrates good sportsmanship

8 Uses equipment safely and correctly
Listens to activity directions
Cooperates with activity organization
Works hard to their best
Moves at good speed

7 Uninterested in activity
Does not listen to all instructions
Uses equipment incorrectly
Does only as much as necessary

6-0 Shows disinterest for activity
Not attentive
Uses equipment incorrectly and/or unsafely
Causes other student to not participate
No binder/portfolio sheet/pen or pencil
REGULATIONS AND PROCEDURES

DRESS

The required uniform for both boys and girls consists of:

SHORTS – MUST BE….
1. Plain black, no trim, logos 2 inches or smaller and permanently/visibly labeled on front left leg with first and last name
2. Elastic waistband – pull on style gym short
3. No pockets, zippers, snaps or buttons. If pockets exist they must be sewn shut.
4. Hemmed and good repair
5. Must be at least fingertip length and no longer than knee length
6. No bicycle style short or spandex tights will be allowed.

SHIRT – MUST BE….
1. Crew neck T-shirt style and material
2. Solid gray or solid white color – must be able to write student’s first and last name on the front of the shirt
3. No collars, zippers, pockets or buttons
4. Hemmed and good repair
5. No tank tops, cut-off T-shirt, or sleeveless shirts will be allowed.

SOCKS – Any length, preferably white

SHOES
1. Any color
2. A good basic all-purpose shoe with adequate foot support, such as a cross trainer
3. Turf shoes, street hikers, wrestling shoes or any type of sandals are not acceptable
4. Must have lace or Velcro closures – NO slip-ons allowed
5. **Shoes must be laced and securely tied**
6. It is highly recommended these shoes only be worn during PE

A Physical Education uniform shirt may be purchased in the main office for $6.00 and shorts for $8.00.

All clothing worn for Physical Education must be clearly, visibly and PERMANENTLY labeled with the student’s first and last name.

Students will be allowed to wear sweatpants and sweatshirts OVER their required PE uniform for protection against weather and other specified times. The sweat clothing can NOT be worn in place of the required uniform

It is required that students take off all jewelry for PE class with the exception of post/stud earrings and medical alert bracelets/necklaces. It can get broken, lost or cause injury to the student or to other students.
ILLNESS AND INJURY

It is our policy that if a student is healthy enough to attend school, they are healthy enough to participate in class.

LIMITED ACTIVITY

1. Limited activity is provided to those who do not feel well on a certain day but do not have a parent’s note and would like to limit their participation.

2. The student must suit down into their PE uniform and must consult with their PE teacher before class to receive limited activity.

3. Having limited activity does NOT mean the student can sit and do nothing. They will be expected to participate with the class to the best of their ability. Overuse of limited activity will discontinue the privilege.

NOTES FROM PARENTS

1. All notes from parents (written to request restricted PE participation) are to be given to the school nurse in the main office BEFORE school begins. The student will be given a copy of the note to take to their PE teacher.

2. In order to receive credit for the day the student with a parental note MUST DRESS DOWN and do one of the following:
   a. Participate with the class to the best of their ability OR
   b. Write a one-page summary of the days activities in PE class and turn in to the teacher at the end of the period. The summary will be graded according to our PE grading criteria. The student must bring their binder to class if this option is chosen.

3. A parent note will be needed for every day of desired restricted participation. Use of such notes for more than 3 days of one PE unit will the student’s grade to be lowered unless a medical/doctor is supplied.

4. Please note – If a student is turning out for after school athletics a second note should be written directly to the coach to limit physical activity during practice.

MEDICAL EXCUSE/DOCTOR’S NOTES

All medical excuses/doctor’s notes are to be given to the school nurse in the main office BEFORE school begins. The student will be given a copy of the note to take to their PE teacher. The student will then be assigned an alternated activity or sent to another location to complete written work. These alternate activities will provide these students with the opportunity to receive their PE credit.
ABSENCES AND MAKE UP WORK

Absences from Physical Education lower the student’s grade. Students will receive a “0” for every day missed. Students are therefore allowed and encouraged to make up absences from PE. Students will receive full credit for each day made up. To make up an absence the student must do the following:

1. Ask PE teacher for a make up form/on Thunder Mountain website/SWIFT page.
2. Complete work as explained in the form
3. Have a parent/guardian signature to verify work
4. Return form to assigned PE teacher within two weeks of the absence for 10 points.
5. A student will receive 7 points for their PE make up after two weeks until the end of the grading period.
6. **It is the student’s responsibility to request make up work.**

Students should consult with their assigned PE teacher in regards to prearranged absences.

INJURIES

Report all injuries immediately to instructor.

LOCKS

Each student will be issued a PE lock and locker. The combination is for your use only – **do not share it with anyone!!!!!!** Check with the locker room teachers if you lose your lock. They will usually have it. Report all lost or stolen items immediately to a P.E. teacher. The school is not responsible for such losses. Lost locks cost $5.50 to replace. School policy requires the student to use the school combination locks.
LOCKER ROOM EXPECTATIONS

GENERAL

1. **NO** food, candy, gum or drinks of any kind are allowed in the locker room.
2. Use appropriate language and locker room behavior.
3. All students are to sit on bench by their assigned locker and wait for dismissal from the locker room.
4. If a student wishes to shower after class he/she must provide own soap and towel.
5. Make sure all belongings are locked inside your assigned PE locker after class. Do not leave belongings in long locker after class.

SAFETY

1. The locker room and shower floors can be slippery. Use caution at all times.
2. Do not bring breakable bottles and other glass items in to the locker room.
3. No spray perfume or cologne is allowed in locker room.

LOCKS

1. Lock up all clothes, bags and valuables.
2. The school is not responsible for lost or stolen items.
3. Treat locks and lockers appropriately.

COURTESY

1. Put all litter in trashcans.
2. Flush toilets and urinals after using them.
3. Be considerate of other individuals and visiting teams in the locker room.

ATHLETICS

1. The athletic lockers are for In-season athletes only.
2. Athletic lockers should not be used unless they have been assigned to the student by the coach.
PHYSICAL EDUCATION MAKE UP FORM

Your child is being given the opportunity, and is encouraged to make up his/her absences from Physical Education class. Each day your child misses class he/she receives a 0, which is equivalent to an F. If your son/daughter chooses to make up their absence they may raise their grade from 0 to 10 points.

In order to make up a PE absence the student must do the following:

1. Meet with their assigned PE teacher and tell of their desire to make up the days missed and pick up this form.

2. Participate in a physical activity for 30 continuous minutes for each day being made up. Aerobic activities such as swimming, jogging, bicycling, roller blading, etc. are best, but others will be accepted with prior approval of teacher.

3. Complete the activity and bring back this form or a note signed by a parent/guardian on or before the due date. The note should state the student’s name, teacher’s name, period child attends PE, the date(s) the student is making up, the activity the student was involved in, the date of the activity and the length of time in the activity.

4. All absences must be made up within 2 weeks of the student’s return to school for 10 points. If not made up within this time period, but returned before the end of the grading period the student will receive 7 points. All absences not made up will remain at 0 points.

5. If a student is going to have prearranged absence from school, he/she should talk with the PE teacher before leaving to discuss the possibility of doing make up work during the absence.

6. Discuss with parents before completing activity.

Student’s name (print)______________________________________________

PE Period_________________________________________________________

Teacher’s name___________________________________________________

Date(s) of Absence________________________________________________

Time being made up________________________________________________

Activities involved in______________________________________________

Due date___________________________________________________________

Parent signature___________________________________________________