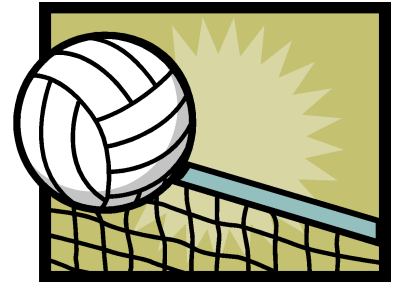




Freshman PE

Ms. Marino

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Course Overview:

This course will be focused on individual and dual sports. Freshman PE units we cover are track and field, swimming, badminton, dance, and fitness. We do play games indoors and outdoors for fun to mix it up

Grading:

Cumulative points earned each semester will determine your grade. The points allotted are based primarily on **PARTICIPATION** in the class' activities – this makes up 70% of your grade. Every day of participation is worth 20 points. Every 2 weeks 100 points are possible . Effort and **NOT** skill level or activity results will determine the amount of points you will receive for participation.

CITIZENSHIP - 20% of points in class come from your semester citizenship during our class time. You will start, and hopefully finish, your semester with 100 points for citizenship. This grade includes how you treat others in class, respect your peers and class environment. Things like negative or disparaging comments or actions toward peers can drop this grade as well as habitual non-participation and non-dress.

The remaining 10% of your grade will be split into two categories making up 5% each –

1. **SKILL** - points given as skill grade for different activities including our daily warm-up. It will depend upon successful performance and improvements made as we progress through different activities. Cardio and strength should improve throughout the school year
2. **COGNITIVE KNOWLEDGE** – points given for knowing the rules. This can be through written tests or recognition of the use of strategy in our class games.

Dress:

Proper athletic gear is required in order to receive your full credit each day. NU shorts, sweatpants of choice and the NU Miner PE shirt. The sweat pants, joggers must be different from the ones you wore to school along with proper footwear (tennis shoes) Crocs, sandals, boots and slippers and **NOT** acceptable. 3 days of failure to dress will result in an hour of detention. Beyond your **3rd Non-dress** you will lose not only your ten participation points for the day but **5 of your 100** semester citizenship points as well. After that a meeting will be held to discuss whether or not you want to remain in the class. Dressing is not an option. We are trying to create a safe classroom as well as a positive culture of unity and teamwork.

Absences:

Attendance is a **CRITICAL** part of class. If you are absent **for any reason other than a school function***, you will not be awarded your 20 participation points for the day. The points are earned for participation; if you are absent, you cannot possibly participate. The make up work described below **MUST** be completed within two weeks of returning from absences.

***You must notify me the day PRIOR to your school function absence that you will be gone in order to have it go into the gradebook as an excused absence.**

Make Up Work:

Keeping with PE Department Policy, you are allowed to make up 6 missed days of participation per semester. This includes both absences and medical days when you may be at school but are too sick to participate. The 6 days will be made up during

