



# 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 NOTacceptable. 3 days of failure to dress will result in an hour of detention. Beyond your 3<sup>rd</sup> 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

flex. You will make up the physical activity you missed if possible. This will give you all of your points back from your absences.

Physical Activity: (covid/major medical/independent study) 45 minutes of non-school affiliated activity makes up for one missed period. This can be riding a bike, hiking, stacking firewood, digging in the garden, etc. Parents will send in a signed note with both a description of the activity and the date that is being made up. Example: You have covid so you can not come to school but you feel ok and are able to go for a walk outside. You can log your activity log in schoology.

**Major Medical**: Medical issues that arise which will keep you from participating in class for 3 days or less will be excused with a parent note. This simply means they go in as medical days and not "non-participation" days. They must still be made up for credit. If you are injured at some point throughout the course of the year (in the class itself or otherwise) to an extent that will cause you to miss more than 15 periods of class, semester credit will not be issued per PE Department Policy. Other serious medical issues that will keep you out longer than 5 days must be excused by a doctor's notice. If this occurs, the number of days allowed to make up for the semester doubles from 6 to 12. Please try and get a note that says modified activity if possible instead of NO PE Example: If you break your wrist you can still dress down and walk and do some activities This way you do not have to make up the days just the test. You will get full credit for dressing and doing modified activities when possible. If you get a concussion you must rest and get better until cleared by a doctor. No PE for head injuries

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B 89-80% F 59% and Below A 100-90% C 79-70% D 69-60%

#### **Other Info:**

**Tardy Policy:** 

Students should be seated in roll call lines 7 minutes after the tardy bell. Late arrivals will result in truancy according to school policy. Multiple tardies will be given detention per school policy. Habitually late students will not pass the class. They will not be able to dress down and participate safely.

**Electronics:** 

All ear buds, iPods, cell phones, video games, etc. must be put away during class time unless otherwise specified by the teacher. **DO NOT BRING THESE TO** CLASS They must Be locked in your locker during PE. Please see school policy for more information. Phones are not ever allowed to be out inside the lockerroom!! They must be inside bag/backpack before entering.

I / we have read and understand the foregoing. Signing and dating below is a bonus assignment. Return this page by FRIDAY for 20 points (one whole day) of credit.

10 pts:		
Student's Name: Printed	Student's Name: Signed	Date
10 pts:		
Parent's Name: Printed	Parent's Name: Signed	Date