**Pleasant Grove Middle School 2021-2022**

**Physical Education Guidelines & Grading Policy**

**Students will be required to wear masks at all times indoors, but not outside.**

To provide a background in a variety of basic skills, our curriculum offers 6th, 7th and 8th grade students the following (based upon field/facility availability).

Aerobics/Fitness Basketball Dance Flag Football

Hockey Frisbee Pickleball Rec Games

Soccer Softball Table Tennis Team Handball

Track and Field Volleyball

Physical Fitness

Health related fitness activities are an integral part of the program at all levels. Each class will emphasize cardiovascular endurance, muscular strength, and flexibility.

Extra Curricular Programs

Students who wish to compete at a higher skill level may tryout for the after school athletic teams. For more information, contact Matt Hardt, Athletic Director. Sports are Volleyball, Flag Football, Basketball, Cross-Country, Wrestling and Track and Field.

Grading Policy

Grades for P.E. will be based heavily on participation, attitude and responsible behavior. Each day every student enters class with 100% of that day’s credit, if dressed and on time for roll. It is up to each student to avoid point deductions. Students must be present and prepared for activity in order to keep daily points. Writing and reading assignments and unit exams, quizzes and tests will be scored in addition to daily points.

Daily Points – 20

Point Values:

(50%) 10 points – Physical Participation (Mile Run = 20 points)

(50%) 10 points – Sportsmanship/Cooperation/Responsibility/Social Conduct.

Grades are based on the following point average:

90-100% = A

80-89% = B

70-79% = C

60-69% = D

59% & lower = F

Absences

Students not in attendance for any reason, including but not limited to, field trips, medical appointments, absences, illness, etc. are expected to make up all points. Any points not made-up will directly affect their final grade. Physical Education requires daily attendance.

Make Up Policy

Students will have the opportunity to make up participation points on make up run days. Make-up runs are every Wednesday, before (7:30am) and after (1:20pm) school. Each make up run will be worth 10 points. Students have the opportunity to make-up a full days points (20) by completing a make-up run (10 pts) and a written assignment (10 pts) or 2 make-up runs (20 pts). If a medical condition prevents a student from making up a run, your teacher will have an alternate writing assignment available. Written assignments must be completed within 5 days of the absence.

P.E. Uniforms

Athletic shoes with laces and tied! Pleasant Grove P.E. shirt and short with complete name on front of each with permanent marker. If the correct size of shirt and short is not available, a plain white or gray T-shirt and solid black short, with no pockets can be worn. No tank tops, scoop neck T-shirts or camisole tops. T-shirts must have sleeves. No ties, cuts or additional markings will be accepted. Leggings or spandex must be opaque, and length must be in accordance with the PG dress code. Sharing uniforms is NOT permitted. Sweats or warm ups may be worn when the weather turns cold. Sweatshirts must be crewneck, no pockets. P.E clothes cannot be worn over street clothes! Hats may be worn OUTDOORS during P.E. class as stated in the Student Handbook.

Excused Students/Medical Excuses

Students excused from PE will need a note from their parent/guardian that will excuse them from activity for one (1) day (not to exceed 3 consecutive days). Limited activity means the student will dress out and participate to the best of their limited ability. If your student is ill or injured and requires a greater length of time to recover, a physician’s note is required. A parent and/or doctor’s note does not excuse a student from dressing down unless medically necessary. Students must make-up all activities, tests, and runs that are missed due to parent or doctor’s excuses and/or school functions.

Outdoor Air Quality

The Superintendent or designee will coordinate with the Sacramento Metropolitan Air Quality Management District and monitor local health advisories and outdoor air quality alerts using the Spare the Air website to obtain current and  forecasted ozone levels, particle pollution, ultraviolet radiation levels, and/or temperature and humidity.

Whenever the Air Quality Index (AQI) exceeds 100 or the temperature is in excess of 95 degrees Fahrenheit, outdoor activities, especially those requiring prolonged or heavy exertion, may be avoided, limited in duration, or modified as necessary for all persons or for persons who may be particularly susceptible to the health risk involved.

Whenever the Air Quality Index (AQI) exceeds 150 or the temperature is in excess of 100 degrees Fahrenheit, outdoor physical activities including physical education shall be suspended.

Locker Room

All students will be assigned a school PE locker. Items left in the locker room, not locked in your locker will be collected and placed in the lost and found. Students will not be allowed in the locker room for any reason after students have dressed for PE and not until dress down. Students must abide by all locker room and school rules. Failure to do so will result in a loss of locker room use. No food or drink is allowed in PE (only water).

Do not bring valuables or large sums of money to school. The PG PE staff is not responsible for lost, stolen or misplaced items.

Our program provides opportunities:

* To develop maximum potential for physical fitness and good health.
* To develop an understanding of lifelong fitness and a healthy lifestyle.
* To participate in physical activities as an individual and as a member of a team.
* To express yourself creatively through physical activity.
* To display personal and social growth among peers.
* To make every effort to display good sportsmanship in group situations.
* To perform publicly as an athlete or as a member of a creative group.

It is expected that all students will treat others with dignity, respect and courtesy; and will respect the rights and property of others. Physical Education is a vital element in any comprehensive, well balanced education program for optimum development of an individual – physically, mentally, emotionally and socially.