

One of our major goals of Physical Education for our middle school students is to develop positive active behaviors that will transfer into adulthood. Some of these include daily activity, appropriate dress for activity, punctuality, knowledge of specific activities, skills necessary to perform in activities, and positive attitudes towards one another (sportsmanship)

Grading is calculated from formative grades and summative grades. Break down of the weight of these grades are 70% formative, 30% summative

Every day students will be assessed with a 10 point <u>formative</u> daily participation grade (3 for "professional responsibility" and 7 for participation).

Proper dress is not only a good habit to get into but also increases the safety of participants and is hygienically advised. However, changing out in the locker rooms is *optional*. Those who wish to change in and out will receive 3 minutes to do so. Please wear athletic clothing that adheres to the CMS dress code- no jeans please.

Proper gym shoes – Shoes need to be properly tied, not loose. Flip-flops, sandals, CROCS, clogs, HEY DUDES will not support your feet during class activities and can cause injuries. Plan on going outside most days weather permitting so if you'd like an outdoor pair of shoes, plan accordingly.

Cool weather clothing – We will be going outside when it is cool to cold out. Appropriate sweatshirt and workout pants are recommended. We go outside, prepared or not.

Jewelry – Wearing jewelry around the neck, fingers, and ears can pose a safety issue and should not be worn. Hoop and dangling earrings are prohibited. Posts are okay.

Absences:

Elk Rapids Middle School students are expected to participate every scheduled Physical Education day. Exceptions are as follows:

- A. Doctor's written excuse
- B. A written note from a parent or guardian on the day of illness indicating what the student CAN do. An illness or injury lasting more than 3 days is serious enough to need medical attention and will require a doctor's note for further excuse.

*Excuse from class does not excuse the student from content or activity. Students will be expected to complete the work assigned. Days of activity missed for any reason will result in a grade of 0 for that day's formative grade. This grade may be made up with a CMS PE Make-up form. This can be found on the PE website or on the gym office window. Students will have 2 weeks to complete the form.