

Canyon Crest Academy Weight Training PE

Teachers ~ Matt McCullough, Jason Shanahan, and Nicole Haller

(PERIOD ZERO)

The #1 priority in “Weight Training PE” is for student safety. Students are expected to learn and institute proper lifting techniques, proper spotting techniques, and proper weight room etiquette at all times. Failure to follow all safety guidelines taught in this class will lead to a loss of weight room and weight equipment privileges by the student/students involved.

GRADING

All students begin the grading period with the maximum number of points available = 100 points per Quarter.

DESCRIPTION: DEDUCTIONS/ADDITONS POSSIBLE:

A. Excused non-participants	-5 per day
B. Non-suits / Improper PE clothing	-5 per day / -2 per day
C. Truancy	-10 per day
D. Performance below expectations	-1 to -10 per day
E. Tardy	-1 per day
F. Tests (physical or cognitive)	-0 to -15 per test
G. Absent from second roll call	-2 per day
H. Extra performance points	+1 to +5 per day
I. After school make-ups	+5 per day
J. Other make-up assignments	Points determined by teacher

POINT/GRADE BREAKDOWN:

Grade / Points:

A	90-100
B	80-89
C	70-79
D	60-69
F	0-59

I HAVE READ AND UNDERSTAND THE GRADING POLICY.

Student Signature: _____

Parent Signature: _____

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EXPLANATION OF GRADING POLICY TERMS

A. EXCUSED NON-PARTICIPATION: Includes excused absences, parent or doctor notes excusing you from participation. 4 excused non-participations per quarter will not affect your grade. Two additional excused non-participations may be made up during the end of quarter make up days. Failure to make up excused absences (in excess of 4) will result in a loss of points. You are expected to dress out in the required PE clothes even though you have a parent/doctor note. Failure to dress out will result in a non-suit per teacher discretion.

MEDICAL EXCUSES: A doctor's note is to be shared with your teacher and the nurse at the onset of a medical problem lasting longer than one week. If you are unable to participate you will be assigned a modified program, academic projects pertaining to physical education or make-up time after school. For a period greater than 3 weeks it is advised that you be dropped from PE with no credit and take the class at a later date.

B. NON-SUITS: Failure to dress in the required PE clothes will result in a non-suit. Each non-suit will deduct 5 points. Perpetual non-suits may result in a lunch or after school detention.

C. TRUANCY/CLEARING ABSENCES: It is your responsibility to see that any absence is cleared as required by the attendance office. Uncleared absences are truants. If you leave class or the class area anytime during the period without permission, it may be considered truant. Truants deduct 10 points and may be assigned detention.

D. PERFORMANCE BELOW EXPECTATIONS: You will be evaluated on your class conduct, effort, attitude and participation. Points will be deducted if you do not put forth your best effort.

E. TARDY: If you come late to class without a valid excuse, you are tardy. Each tardy deducts 1 point.

F. TESTS: You may be individually evaluated on your level of achievement on skills taught, rules, physical fitness etc. Test grades only improve by re-taking the test.

G. ABSENT FROM SECOND ROLL CALL: Failure to come to second roll call will result in a deduction of 2 points.

H. EXTRA PARTICIPATION POINTS: This is an area where exceptional performance can be rewarded by the teacher. Points can be added to your participation grade only.

I. AFTER SCHOOL MAKE-UPS: Near the end of each quarter, two make-up days after school will be offered to earn points to improve your grade. Each make-up day is worth 5 points. You must dress in PE clothes. Only excused absences may be made up. No Truants permitted.

J. OTHER MAKE-UP ASSIGNMENTS: Under certain circumstances your teacher may allow you to make up missed class time/work by completing special assignments/projects.

GENERAL INFORMATION YOU ARE REQUIRED TO KNOW

PE Clothes: The required clothing consists of mesh athletic shorts, no pockets and a white T-shirt. Sweats are permitted for cold days. Tennis shoes that lace or velcro and athletic socks are mandatory.

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RAINY DAYS: Be prepared to dress in PE clothes and meet as directed by your teacher.

LOCKER ROOM: After students are dressed out the locker room will be closed. **All personal belongings must be locked in your locker!**

EQUIPMENT: You will be assigned a locker and issued a lock for your private use. If you do not turn in your lock or fail to pay for your lost lock, an “F” grade will be given until cleared by your teacher/locker room attendant. **You are NOT allowed to share lockers.**