

Canyon Crest Academy Weight Training PE

(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.

****NOTE:** Zero Period Weight Training does not meet on late start days, during STAR testing, and during the final exam days at the end of each quarter.

GRADING

All students begin the grading period with the maximum number of points available = 100 points per Quarter. Students will be expected to pass a basic muscle identification test issued by the teacher.

DESCRIPTION: DEDUCTIONS/ADDITIONS POSSIBLE:

A. Excused non-participants	-5 beginning on 5 th excused non-participation if student does not make up missed participation time within two weeks of excused non-participation
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. Absent from second roll call	-2 per day
F. Extra participation points	+1 to +5 per day
G. PE make-ups/Extra Credit	+5 per make-up

POINT/GRADE BREAKDOWN:

Grade / Points:

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

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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. After 4 non-participations have been used in 1 quarter, you will need to do makeup work/makeup activity within 2 weeks of absence/non participation to earn credit for lost PE class time. Any excused non-participation beyond 4 per quarter that is not made up in two week time frame will cost 5 pts. towards PE grade. 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 physician's note is to be shared with your teacher and the nurse at the onset of a medical problem lasting longer than three class sessions. The PE teacher will attempt to modify the student's program to meet the guidelines of the physician. If the injury/illness extends past 12 class sessions during the quarter and no modifications can be made, the student is advised to drop the class and take it again at a later time.

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

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

G. PE MAKE-UPS/EXTRA CREDIT: Near the end of each quarter, two make-ups will be offered to earn points to improve your grade. Each make-up is worth 5 points. Your individual teacher will let you know how this can be done.

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GENERAL INFORMATION YOU ARE REQUIRED TO KNOW

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

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. Lost locks can be paid for at the finance office. Upon payment for a lost lock, your teacher will issue you a new lock. **You are NOT allowed to share lockers.**

WATER AND TOWELS ARE STRONGLY SUGGESTED!!

I HAVE READ AND UNDERSTAND THE GRADING POLICY.

Student Signature: _____

Parent Signature: _____