

P.E. PROGRAM

Dress Code:

- 1) Students must wear tennis shoes or soft bottom shoes that are appropriate for exercise**
- 2) Clothes must be loose fitting and suitable for exercise**
- 3) Students are encouraged to bring water to class**
- 4) Students are required to bring a towel to class**

Grading:

- 1) 50% of the PE grade is based on results from fitness and skills test**
- 2) 50% of the PE grade is based on the Accumulation of points earned daily. Students can earn 4 points daily based on their performance. There are however ways you can loose points :**
 - a) Tardy - 1 point**
 - b) Inappropriate dress – 1 to 4 points**
 - c) Disrespect to the teacher or another student – 1 to 4 points**
 - d) Gum Chewing – 1 point**
 - e) Lack of effort – 1 to 4 points**
 - f) Inappropriate behavior 1 to 4 points**
 - g) No towel – 1 point**
 - h) Breaking any school rule – 1 to 4 points**

In case of illness student must bring a note from their parents and they will be referred to the nurse. Students will have the opportunity to make-up missing work.