

9th Fitness & Wellness

Mr Hrabak

- 1) Students will be given 10 minutes at the beginning and end of class to change into their fitness clothing.
- 2) Proper dress for fitness class is a t-shirt, gym shorts and tennis shoes. Students may wear sweat or warm up suits during the colder seasons.
- 3) Students will get into their assigned lines for attendance, prayer, stretching and calisthenics.
- 4) The 70% of the time, students will participate in a variety of aerobic and strength improvement. activities, **the remaining 30% of the class will involve a variety of sports activities.**

A student's physical education grade is based on:

1) Proper Dress for class - 20% of total grade.

A student receives Three (3) points per day for wearing the required PE clothing.

2) Class Participation – 60% of total grade.

Students will receive 5 points each day for full participation. A student who does not willing participate in the daily activity will lose five (5) participation points.

A) Full & Active Participation includes Pre-Activity Stretching –
Stretching is REQUIRED before any participation in the daily activity.
FAILURE TO PARTICIPATE IN STRETCHING IS A ONE POINT PARTICIPATION DEDUCTION

B) Participation – Depending on the students activity level in class, a student may earn an additional 1- 4 points for the following levels of participation.

C) Full Participation – 4 points

D) Adequate Participation – 3 points .

E) Below Average Participation – 2 points

F) Poor Participation – 1 point

G) No Participation – 0 points

H)

3) Written Work & Sports Quizzes – 20% of total grade.

Students will be required to write a 1 page sports topic paper per nine week grading period.