

Percentage of Quarter Grade	Description of Grading Component
40%	Daily Performance Grade (0-10 points per day) (arriving on time, dressing appropriately for physical activity, participating fully, and following student handbook)
60%	Individual Fitness: Performance Assessment of Skills, Cognitive Assessment of Skills, Fitness Improvement (Fitness notebooks, tests, skills test, etc.)

Daily Performance Grade: (40% of the Quarter Grade)

The majority of a student's grade is derived from their daily active participation in the classroom setting. For this reason, students need to actively participate in all class activities to earn credit towards the performance portion of their grade. In order to participate, students need to be dressed appropriately for physical activity, including athletic clothing and footwear. Students can then maximize their daily grade through active participation, engagement in skill development, and demonstration of appropriate social behaviors (respect, sportsmanship, etc.).

10 – 9 points

Demonstrates highly active participation, self-motivated, needs no encouragement.
 Demonstrates and models positive behavior and attitude.
 Demonstrates active engagement in skill and fitness development during class.
 Demonstrates the ability to evaluate and assess strategies and rules associated with the game/activity.
 Demonstrates an understanding of the rules and can apply them to the game/activity.

7 – 8 points

Demonstrates some participation in class with encouragement.
 Demonstrates appropriate behavior or attitude.
 Demonstrates some willingness and effort to improving skill and personal fitness levels.
 Demonstrates an understanding of the rules and the ability to follow some of them in the game/activity.

5 – 6 points

Demonstrates engagement in activity for only a short period of time and/or needs frequent encouragement to engage in activity.
 Demonstrates appropriate behavior or attitude on an inconsistent basis.
 Demonstrates limited willingness to engage in skill and fitness development.
 Demonstrates limited understanding of the rules of the game/activity.

3 – 4 points

Demonstrates little participation despite encouragement.
 Demonstrates poor behavior and attitude; disrupts class.
 Demonstrates little willingness to improve skills or fitness levels.
 Demonstrates little knowledge of the rules of the game/activity.

1 - 2 points

Demonstrates no participation despite encouragement.
 Demonstrates poor behavior and attitude; disrupts class.
 Demonstrates no willingness to improve skills or fitness levels.
 Demonstrates no knowledge of the rules of the game/activity.

Individual Fitness: (60% of the Quarter Grade)

Performance Assessment of Skills:

A portion of the quarter grade is based on a performance assessment of particular skills that are covered during the quarter. Points are accumulated from multiple in-class experiences. Rating scales, rubrics, checklists, video assessments, student interviews, questioning, and surveys will be some of the tools used in the assessment process.

Cognitive Assessment of Skills:

This portion of the quarter grade is based on the total points of quizzes, assignments, tests, and projects. These may take place in class or as homework assignments outside of class.

Quizzes, assignments, tests, and projects are unique to each quarter and the grading is developed for each of these by the individual teacher.

Fitness Improvement:

This portion includes weekly mile, push-ups, sit-ups, max outs.

The fitness improvement portion will be based on individual performance and improvement. We will test out on the 2nd and 8th week of each quarter.