

Health and Fitness – Quarter Four Grading Criteria

1. (56 Points) Punctuality, Preparedness, and Activity Participation:

Each Student will begin the quarter with 50 points. Two points will be subtracted each time a student is tardy, unprepared for activity or does not fully participate in the activity. Being on time means being at the designated attendance area no more than 6 minutes after the second bell for activity, no later than the second bell for classroom activities. Being prepared for activity means they have changed into appropriate clothing. Fully participating in activity means not only putting forth physical effort but also demonstrating good sportsmanship and cooperation with other students and the teacher. Student are not grading on ATHLETIC ABILITY but, rather on EFFORT – both individual physical effort and the effort to include students of all abilities and backgrounds in activity.

2. (20 Points) Poster Project (Chapters 3, 9 & 11) All grade nine students will participate in a Q4 Project that will cover information from the following chapters of our textbook *Looking Good Feeling Good*: Goal Setting - Chapter 3, Nutrition - Chapter 9 and Stress Management - Chapter 11. Students will be assigned Project Teams and will given time in the Learning Commons to search for other resources, outline their project presentation, and to plan the final product a POSTER.

3. (20 Points) Tests (Chapters 3, 9 & 11) There will be a Quarter Four Test on Chapters 3, 9 & 11 of the Looking Good – Feeling Good text. The Test will be given during the last week of the month of May. If a student has an excused absence on the day of the test, they must make arrangements to take the test after school or during a study. The Test must be taken within one week.

4. (4 Points) Book & Lock Return Students will receive two (2) points each for returning their Looking Good – Feeling Good text and locker room lock by the due date (TBA).