

## Health and Fitness – Quarter One Grading Criteria

### 500 Point Scale

- 1. (250 Points/50% of grade) Punctuality, Preparedness, and Activity Participation:** Please see Daily Rubric explanation.
- 2. (50 Points/10 % of grade) Homework Assignments (Chapters 1, 3 & 5)** There will be four homework assignments, each worth 12.5 points. Assignments will be turned in via Google Classroom.
- 3. (50 Points/10% of grade) Quizzes (Chapters 1 & 3)** There will be a 25-point quiz given after the conclusion of chapters 1 and 3. If a student has an excused absence on the day of the quiz, they must make arrangements to take the quiz after school or during a study. The quiz must be taken within one week.
- 4. (50 Points/10% of grade) Fitness Tests** There will be four (4) Health Related Fitness Tests throughout the quarter and 12.5 points will be given for each test that is completed by the student. If a student is absent the day a fitness test is administered then it is THEIR responsibility to make up that test on their own time.
- 5. (100 Points/20% of grade) Tests (Chapters 1, 3 & 5)** There will be a Quarter One Test on Chapters 1, 3, and 5 of the Fitness for Life online textbook. The Test will be given during the last week of the quarter. 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.