

Health and Fitness – Quarter Two 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 8, 10 & 12)

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 8 & 10)

There will be a 25-point quiz given after the conclusion of chapters 8 and 10. 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) Practical Fitness Tests

Students will be graded on a 25-point rubric for proper form and knowledge of the free weight bench press and one other muscular fitness machine (random draw).

5. (100 Points/20% of grade) Tests (Chapters 8, 10 & 12)

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.