

# Bowe Middle School

## Physical Education

Mr. LaFiora (6th), Mr. Belh (7th), Ms. Parto (8th)

# Grading Policy:

SUMMATIVE GRADES- 60% of grade

- Preparation
- Participation
- Skill/Fitness
- Health exams

FORMATIVE GRADES- 40% of grade

- Health assignments
- Various PE assignments

# Preparation

## - Begin each marking period with 100 points

- Summative
- Preparation will be based on proper uniform, sneakers, and punctuality.
- No uniform? - loss of 10 point off of preparation grade. But you may still participate
- No sneakers? - you are UNPREPARED and will not be able to participate. You CAN NOT get those Points back.
- Lateness into squad line = loss of 3 points off prep grade

# Participation

- Summative
- Begin each marking period with 100 points
- Based on your effort. If you make your best effort, you should never lose points. If you are not making an effort, you will lose points.

There are 15 points each day for participation.

- 5 for warm-ups, 5 for fitness, and 5 for our culminating activity.
- Again, if you do not have sneakers, you will not be able to participate and will lose your 10 preparation points and your 15 participation points for the day. You can not get those points back.

# Participation Continued...

In the event you are unprepared for class and cannot participate, there will be an alternate assignment to complete.

Upon completion of the assignment, you can earn up to half of your points for the day back.

Example: You are unprepared and unable to participate in class. You lose 25 points for the day. If you complete the assignment in its entirety, you can earn up to 12.5 of those points back.

# Skill/Fitness

- Summative
- Assessments throughout the year, both written and physical that will go in to the summative category
- Fitness testing beginning and end of the school year.

# Health

- Summative and Formative
- Every Friday in gym
- YOU WILL NOT CHANGE on health days
- Some lessons split by class others will be done together

# Uniforms

- Any combination of Maroon, Gold, Black, and/or Gray





## Uniforms Continued....



# Uniforms Continued



## **The following are NOT acceptable:**

- **Shirts/Bottoms that are not maroon, gold, black, or gray**
- **Shirts/Bottoms that are not school appropriate Ex: Spaghetti strap tank tops, short shorts**
- **The clothes that you wore to school even if they are the appropriate colors**
- **Wearing your uniform over your school clothes**
- **Wearing school sport uniforms**

## **The following ARE acceptable:**

- **Wearing sweats over your uniform (even if it is a different color as long as the appropriate colors are underneath)**
- **Wearing tights of any color underneath your shorts**
- **Changing into a uniform that is not the appropriate colors for a loss of 3 points**

**Example: Your clothes were in the wash and you didn't want to lose all of your points.**

- **Coming prepared everyday**

# **Medicals:**

- **Parent note is good for ONE day only if injured or not feeling well**
- **Anything after, a Doctor's note needs to be sent to Nurse Begolly.**
- **For long term medicals, you will be provided an alternate assignment to complete during class.**

# CELL PHONES

ZERO TOLERANCE for cell phone usage.

More info to come during locker room procedures!



# THIS IS YOUR WARNING!!!

- INAPPROPRIATE LANGUAGE WILL NOT BE TOLERATED



# THIS IS YOUR WARNING!!

- KEEP YOUR HANDS AND FEET TO YOURSELF
- ZERO TOLERANCE FOR BULLYING





**“Be kind, for  
everyone you  
meet is fighting a  
battle you know  
nothing about.”**

**WENDY MASS, “THE CANDYMAKERS”**



**Drills/Emergencies: BE PREPARED TO TAKE ACTION**

## **Emergency Protocols**