

# SOUTH CHARLOTTE PHYSICAL EDUCATION/HEALTH GRADING SYSTEM

(more information at <http://scmshpe.weebly.com>)

## Students will complete:

### Informal Assessments (35%)

## Completed task:

100 pts/ea.

1. Demonstrate skill proficiency and knowledge proficiency in physical education units of study.
2. Exhibit real-world applicable skills daily (i.e. adherence to deadlines, responsibility, leadership, communication, teamwork, strategy, sportsmanship, use of space)

### 3. Homework

Be prepared for class with PE uniform and clean school clothes on a daily basis.

**Have clothes=100 pts.**

**Borrow clothes=0 pts.**

*Required Uniform: t-shirt, shorts, athletic shoes, pencil and notebook.*

*\*SCMS issued shirt and shorts are required. Payment can be cash, money order or check made out to South Charlotte Middle School. See the "Materials" page for order information.*

Strongly suggested: **clear** plastic water bottle

\*\*\*If a student borrows clothes for class 3 times, a lunch detention will result.

### Formal Assessments (65%)

100 pts/ea.

1. Perform the mile run and pacer without walking.
2. Health: All grade level Benchmarks and Standards are available on the PE Weebly website.
3. Tests on PE Units of Study
4. Fitness Testing  
\*Students are required to print the Fitness Test Data Sheet from the PE Weebly website.
5. Project  
6th Grade- Individual Heart Rate Data Project  
7th Grade- Individual Heart Rate Data Project  
8th Grade- Individual Heart Rate Data Project

\*\*\*Extra credit is available if a student completes the entire set of "Health Pathways" semester mini lessons posted on the Weebly website.

I understand how this rubric is used to determine the physical education grade for my son/daughter.

Student Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_