

FRED S. ENGLE MIDDLE SCHOOL

PHYSICAL EDUCATION GRADING SYSTEM

## PHYSICAL EDUCATION GRADES

<u>CATEGORIES</u>	<u>POINTS</u> m.p. 1 & 4	<u>POINTS</u> m.p. 2 & 3	<u>Total</u> <u>Points</u>	<u>GRADE</u>
<b>Preparation</b>	<b>20</b>	<b>20</b>	<b>98-100</b>	<b>A+</b>
			<b>94-97</b>	<b>A</b>
<b>Demonstrated Behaviors</b>	<b>20</b>	<b>20</b>	<b>91-93</b>	<b>A-</b>
			<b>88-90</b>	<b>B+</b>
			<b>84-87</b>	<b>B</b>
<b>Warm-up</b>	<b>20</b>	<b>20</b>	<b>81-83</b>	<b>B-</b>
			<b>78-80</b>	<b>C+</b>
<b>Fitness Days</b>	<b>12</b>	<b>8</b>	<b>74-77</b>	<b>C</b>
			<b>71-73</b>	<b>C-</b>
<b>Fitness Improvement</b>	<b>8</b>	<b>8</b>	<b>68-70</b>	<b>D+</b>
			<b>64-67</b>	<b>D</b>
			<b>60-63</b>	<b>D-</b>
<b>Game</b>	<b>12</b>	<b>12</b>	<b>Less than 60</b>	<b>F</b>
<b>Written Quiz</b>	<b><u>8</u></b>	<b><u>12</u></b>		
	<b>100</b>	<b>100</b>		

## GRADING RUBRIC AND GUIDELINES

\*\*Students may earn points anywhere along the point scale based on their performance during classes.

### **Preparation (20) (10.3.9D, 10.2.9D)**

20 = changed every day  
17= unprepared 1 time  
14= " " 2 times  
11 = " " 3 times  
8 = " " 4 times  
0 = " " 5 times

#### Daily Grades

- T-shirt, shorts, socks,  
sneakers, hair, jewelry

### **Demonstrated Behaviors (20) (10.3.9.D)**

- 20 pts. =
- . volunteer: equipment, demo, answer questions everyday
  - . assist others: directions, rules, skills everyday
  - . encourage others everyday
  - . participates to the best of their ability everyday
  - . demonstrates sportsmanship everyday
  - . follows directions the 1<sup>st</sup> time everyday
  - . cooperates (does what is asked) everyday
  - . follows P.E. Personal Challenge everyday
- 17 pts. =
- . volunteers most days
  - . assists others most days
  - . encourage others most days"
  - . participates to the best of their ability most days
  - . demonstrates sportsmanship everyday
  - . follows directions the 1<sup>st</sup> time everyday
  - . cooperates everyday
  - . follows P.E. Personal Challenge everyday
- 14 pts. =
- . participates to the best of their ability a few days (when activity is liked)
  - . demonstrates sportsmanship everyday
  - . follows directions the 1<sup>st</sup> time everyday
  - . cooperates everyday
  - . follows P.E. Personal Challenge everyday
- 11 pts. =
- . devalues activity/lesson, sometimes
  - . must be asked more than once to follow directions, sometimes
  - . does not follow the P.E. Personal Challenge, sometimes (i.e. devalues others/self, unsafe play, does not do what is right, does not take responsibility for their actions)
- 8 pts. =
- . devalues activity/lesson, often
  - . must be asked more than once to follow directions, often
  - . does not follow P.E. Personal Challenge, often
- 0 pts. =
- . removed from class 3 or more times in a marking period.

## **Warm-up (20) (10.5.9D, 10.9.4A)**

20 = completed and correct everyday  
17= not completed and/or correct 1 time  
14 = " " " " 2 times  
11 = " " " " 3 times  
8 = " " " " 4 times  
0 = " " " " 5 times

**NOTE:** 3 points will be subtracted from *Demonstrated Behaviors* for every warm-up – "0" after 5

## **Fitness (20- m.p.1 & 4) (16- m.p. 2 & 3) (10.4.9A-F, 10.5.9A-F)**

### **Fitness Days (12- m.p. 1&4)**

12 = exceeded lesson objective  
10 = met lesson objective  
8 = working towards meeting lesson objective  
0 = did not attempt to meet lesson objective

### **Fitness Days (8- m.p. 2&3)**

8 = exceeded lesson objective  
6 = met lesson objective  
4 = working towards meeting lesson objective  
0 = did not attempt to meet lesson objective

### **Fitness Improvement (8)**

8 = large fitness improvement  
6 = smaller fitness improvement  
4 = fitness stays the same  
0 = fitness decreased

## **Game (12) (10.4.9 A-F)**

12 = exceeded lesson objective  
10 = met lesson objective  
8 = working towards meeting lesson objective  
0 = did not attempt to meet lesson objective

## **Written Quiz (8-m.p.1 & 4) (12-m.p. 2 & 3) (10.4.9 A-F, 10.5.9 A-F)**

\*\*Quiz grades will be recorded as letter grades based on FSEMS's grading scale.

98-100= A+

94-97= A

91-93=A-

88-90=B+

84-87=B

81-83=B-

78-80=C+

74-77=C

71-73=C-

68-70=D+

64-67=D

60-63=D-

59 and below=F

## FITNESS IMPROVEMENT

Outstanding Score = 8 pts

### Mile

#### 7:59 or less

#### 8:00 or more

0 = more  
4 = same  
6 = -1-3 sec.  
8 = -4 sec.

0 = more  
4 = same  
6 = -1-6 sec.  
8 = -7 sec.

### Flex Arm Hang

#### 0 – 5 sec

#### 6 – 10 sec

#### + 11 sec

0 = less  
4 = same  
6 = +1, 2  
8 = + 3

0 = less  
4 = same  
6 = +1-3  
8 = + 4

0 = less  
4 = same  
6 = +1-4  
8 = + 5

### Sit-ups

0 = less  
4 = same  
6 = +1-3  
8 = + 4

### Pull-ups

0 = less  
4 = same  
6 = +1  
8 = +2

### Sit & Reach

0 = less  
4 = same  
6 = +1-2  
8 = +3

### Shuttle Run

0 = more  
4 = same  
6 = -.1  
8 = -.2

## FITNESS OUTSTANDING PERFORMANCE SCORES

### **GRADE 8**

	<b><u>GIRL</u></b>	<b><u>BOY</u></b>
Mile	7:30 min.	6:30 min.
Sit-ups	65	70
Shuttle Run	9.5 sec.	9.0 sec.
Sit & Reach	40 cm	36 cm
Pull-ups	3	10
Pull-up Arm Hang	:30 sec.	:45 sec.
Chin-ups	3	10
Chin-up Arm Hang	30	45

### **GRADE 7**

	<b><u>GIRL</u></b>	<b><u>BOY</u></b>
Mile	8:00 min.	7:00 min.
Sit-ups	60	65
Shuttle Run	10.0 sec.	9.3 sec.
Sit & Reach	37 cm	34 cm
Pull-ups	2	8
Pull-up Arm Hang	:30 sec.	:45 sec.
Chin-ups	3	8
Chin-up Arm Hang	30	45

## FITNESS TESTING SCHEDULE

### IMPROVEMENT GRADE

MP	# 1	Mile
	# 2	Shuttle Run
	# 3	Pull-ups or Flexed Arm Hang
	# 4	Presidential Fitness Testing