

## OVERVIEW of Mr. Nowell's P.E. Class Procedures

SEMESTER GRADES are calculated through an accumulation of points (90-80-70-60)

### Daily Class Points

#### 40% for Uniform Codes

Students change clothes for class, and after class they change out of their uniforms

Full credit or no credit (no "half-suits")

Proper shoes are required

Sweats may be worn WITH a uniform, not in place of it

#### 30% for Effort and/or behavior

Properly performing stretches

Effort on warm-up lap(s), which are occasionally timed

Little, if any, walking is allowed (students advised how to walk)

Includes tardies, excessive talking during attendance/instruction, and sportsmanship

#### 30% for Participation

"Doing everything I can to help my team win."

Includes lead-in skills drills designed to improve individual talents/abilities

### Written Tests

Written tests are part of most of the units (normally worth 20 points)

Study sheets provided at the unit's onset; tests occur near the unit's culmination

See Google Classroom for study aids and test preparation tools

Tests are **NOT** of the "open-notes" variety, and there are no "re-tests" offered

### Physical Tests

Timed runs

Skills tests (for example: making a volleyball serve, making a basketball lay-up, etc.)

### Homework

On rare occasion, a homework assignment may be given

Often involves Google Classroom

No late work is accepted unless a student was absent on the day the assignment was given