

# EXCELLENCE

Our goal is to develop strength, flexibility and endurance while promoting a desire for life long physical activity and fitness.

**RECOGNITION:** A student may receive recognition for outstanding performance in physical education in the following ways:

- **FITNESS HONOR ROLL** – grade level ranking of the qualifying scores on each fitness test listed on the LCMS record boards.
- **OUTSTANDING ATHLETE AND CITIZEN AWARD** – presented annually to the outstanding 6th, 7th and 8th grade boy and girl who demonstrate a consistently high degree of personal excellence, athletic ability, team building skills and outstanding citizenship/work habits.
- **STUDENT OF THE TRIMESTER**  
Students are nominated by their teachers for outstanding citizenship, effort, improvement and/or accomplishment.

## 4 AREAS OF FITNESS ASSESSMENT

The four areas of fitness assessment include a variety of health related fitness tests designed to assess **cardiovascular fitness, muscular strength, muscular endurance and flexibility.**

# EXPECTATIONS

## STUDENTS ARE EXPECTED TO:

- be on their roll call number or in locker room when the first tardy bell rings (depending on period).
- be dressed out for Physical Education and **seated** in their designated roll call area within **8 minutes** after tardy bell.
- do warm ups and running activities to the best of their ability and participate fully in all activities for the day in order to receive credit.
- **stay with their class or team at all times.** Do not return to, or enter the locker room until dismissed by teacher.
- report all accidents, injuries, harassment or other incidents to their teacher immediately.
- complete all fitness tests and all activities to the best of their ability.
- remain behind the PE line or under the lunch cover until dismissed by the teacher or bell at the end of the period. Leaving before the bell rings will result in a Saturday School.



**LOS CERRITOS MIDDLE SCHOOL**  
Physical Education  
492-3538

**\*\*Keep this brochure for future reference.**



# Los Cerritos Middle School Physical Education

## GRADING:

Physical Education grades are based on the following criteria:

### Each Trimester...

- **240** points may be earned for daily participation and effort (5pts.daily). **Absences must be made up for credit.**
- **50+** points may be earned for fitness and health related assessments.

(Additional skills, performance and written tests/assignments may be given).

## FITNESS ASSESSMENT

4 fitness tests will be given each Trimester. Students receive full credit for meeting the standard on each test. Those not meeting the standard will earn partial credit. Grading scales are posted in class.

## PE Participation Grading Scale:

A+	100%
A	93-99%
A-	90-92%
B+	87-89%
B	83-86%
B-	80-82%
C+	77-79%
C	73-76%
C-	70-72%
D+	67-69%
D	63-66%
D-	60-62%
F	0-59%



## Lockers and Locks

School issued PE locks are **preferred**, but **not mandatory**. All lock information will be recorded with the PE Department.

- **Never** tell anyone your combination.
- Sharing lockers is never allowed.
- Always spin the dial and pull on the lock to be sure it is locked daily.
- **Never** leave your belongings sitting on the bench or in an unlocked locker.

**HORSEPLAY** in the locker room will not be tolerated. Throwing objects at any time will result in a Saturday School and temporary removal from the locker room. No backpacks or cell phones (on or off) are allowed in the locker room.

**PHYSICAL EDUCATION EXCUSES: YOU ARE EXPECTED TO DRESS OUT FOR PE EVEN WHEN YOU ARE EXCUSED FROM PARTICIPATING.**

- A parent or doctor's note is required in order to be excused from PE Dress out.
- A parent's note can specify an excuse up to three days. You still dress out.
- A doctor's note must be specific. A note that says NO PE is not specific. Students are expected to always dress and participate in some way.

**LOANER POLICY:** Loaners available the first school day of the week only! Students are permitted 1 loaner uniform per trimester without penalty. Each additional loaner will result in -1 point from your PE grade. 3 or more affects the Work Habits grade. An additional pt. will be lost for loaners not returned or found on the floor.

- 2<sup>nd</sup> loaner = -1 pt. grade deduction
- 3<sup>rd</sup> loaner = N in Work Habits (-1 pt.)
- 4<sup>th</sup> loaner = U in Work Habits (-1 pt.)

## LCMS PE Dress Policy

Because dressing in appropriate/safe athletic wear is required for students to participate, and because loaner clothes are available to borrow, NOT dressing is a deliberate and conscious choice. The consequences are as follows:

1-2 non-dresses = -2 pts.off participation grade.

3<sup>rd</sup> non-dress = -2 points, "N" in work habits.

4<sup>th</sup> non-dress = Phone call home, -2 points, a "U" in work habits.

**3rd, 4th etc. non-dress = 1 hour after school detention. 5th = referral to administration.**

- A non-dress includes shoes or clothing items that are **not** appropriate for PE. School clothes may NOT be worn under Physical Education uniforms.

**Physical Education Uniform: The LCMS PE uniform consists of:** LCMS T-shirt or plain gray shirt of similar style, clearly labeled with first and last name. No cut off shirts, no cut off sleeves or graffiti on clothing is allowed. LCMS PE shorts or any **plain** black/blue athletic shorts similar in length and style to the LCMS PE shorts are required. No pockets and clearly labeled with first and last name.

- Athletic socks and laced tennis shoes, preferably used for PE only. Tennis shoes must be tied securely. No slip-ons, boots or Uggs! Sweats, worn over PE clothes, are required for cold weather. No heavy jackets or beanies are allowed. Use sweatshirts for cold days. **School clothes**, or any unmarked clothing, may **NOT** be worn under your PE uniforms.\* If you **DO NOT** dress for PE you are **NOT** allowed in the locker rooms.

## WORK HABITS

Work habits reflect your effort in class including warm ups, running and daily activities. This grade includes:

- daily effort with a desire to excel
- proper approved PE uniform daily
- proper and safe use of equipment
- ability to **follow directions daily**
- attendance, tardies, truants, etc.

## CITIZENSHIP

Citizenship reflects overall behavior attitude, cooperation, sportsmanship and teamwork. This grade includes:

- General daily behavior
- Attitude and effort
- Cooperation and participation
- Ability to follow the "Hands Off" Policy.
- Leadership and sportsmanship
- Respect for others
- Regard for safety at all times
- NO gum (-1), food, drinks, or candy, before, during or after class.
- **NO CELL PHONES in PE (on or off)**

## TARDIES (-1 pt.each)

### Per Trimester:

4 Tardies = N  
6 or more Tardies = U

You are tardy if you are not on your number during roll call. Some periods have roll call before entering the locker room and again after exiting locker room.