

	2	1	0
Daily Participation 50 Points	Student gives above average effort and participation for the entire class period (Warm-up and activity)	Student gives average effort and participation for the entire class period (Warm-up and/or activity)	Student "goes through the motions" giving little to no effort and/or participation for the entire class period
Daily Character 24 Points	Student displays excellent attitude and sportsmanship for the entire class period	Student displays good attitude and sportsmanship for part of the class period	Student complains and displays poor attitude and sportsmanship for the entire class period

Quarterly Fitness 18 Points	<u>Test Items:</u>	
	One-Mile Run Flexed Arm Hang Curl-Ups	50 Yard Dash PACER Shuttle Run

Written Assessments/ Assignments/ Quiz Grades 8 Points	95-100 %= 8 pts	65-69%=5
	80-94% =7 pts	60-64%=4
	70-79%=6 pts	Below 60%=3

Fitness testing scores are determined by age and gender. Attached is the criteria for the grading scale.

If you are absent, or miss a fitness test item for any reason, you can make it up after-school at a fitness club meeting or a scheduled make-up session.

Attempts to improve upon any fitness scores can be made afterschool at a fitness club meeting or a scheduled make-up session.