

Assessment

Daily assessment and individual monitoring is a key component of Physical Education at SAS.

We assess on a **daily 10 point scale**:

School issued uniform and proper shoes: **1 Point**

Readiness/Strapped up/ Zones set/Ready for Instruction: **1 Point**

Participation in Activity:

*Actively engaged in the lesson being taught.

*Taking advantage of the learning opportunities with appropriate instruction and a meaningful /challenging lesson.

*Proper use of instruction time. **3 Points**

Zone Time: (*Grade 10 example*) **5 Points**

1 point	0:00-24:59 minutes
.5	12.5 +
2 points	25:00-29:59 minutes
.5	27:30 +
3 Points	30:00-34:59 minutes
.5	32:30 +
4 points	35:00-39:59 minutes
.5	37:30 +
5 points	40:00-above minutes

*(Above Personal Zones Minutes Count Double)

Beep Assessment

The beep test is administered 5 times per year. The initial Beep Test is performed to establish a baseline for individual assessment and is assessed as a daily grade.

A minimum requirement for each student is a maximum heart rate of 195 during the beep test. (This 195 is well below the medically accepted formula of $220 - \text{Age} = \text{MHR}$.) If a student doesn't achieve the baseline of 195 they will be asked to retest until they can achieve the 195 minimum. If, after repeated attempts of a maximum of three, a student cannot achieve the 195 minimum, they will receive an incomplete for the test and their personal zones will be calculated at the medical recommendation of $220 - \text{age} = \text{MHR}$.

If a student reaches the 195 minimum and does not improve their beep test level they will receive a maximum of 50 % on the beep test assessment.

A Beep Test Assessment Table is used to calculate a summative value for each student's maximum beep level and these tests (2 per semester totaling 10% of the student's grade for the semester) are part of the total grade for the semester.

Missing Work and Make-Ups

Excuse notes are only accepted from medical professionals which are submitted to the High School Nurse. The nurse will document the injury/illness and then issues an excuse note for the student. **Please note that parental notes are not accepted as excused.** If the student is well enough to attend school, they are well enough to participate in PE.

Students are allowed 2 excused misses per semester with no make-up required. After two misses the maximum points a student will receive for the day will be 7/10 points unless they make up the missed class during flex in another section of PE.

Students are allowed to make up all absences each semester. All make-ups must be done during said students flex, lunch, and/or during another teachers PE class with prior arrangement from both teachers.

Beep tests can be re-taken up to a maximum of three times per test.

All School related absences such as APAC, MUN, Field trips, etc. are considered excused and do not need to be made up. The student can choose to make them up if they wish.

Long Term Injuries or Illnesses.

If a student misses more than 10% of the classes per semester for any reason, the student may be required to re-peat the course the following year. All efforts will be made to accommodate the student with a modified curriculum to avoid repeating the class. Participation points in a modified curriculum case will not be awarded and the maximum a student may receive for the full daily grade will be 7/10. A fitness/participation based curriculum requires students to be actively engaged in the unit being taught and no "paperwork" or research type activity will be assigned as a make-up.

Each incident will be reviewed on a case to case basis with Administration and the high school nurse.

No Extra Credit will be given.