



Dear Spokane Garry Parents & Students,

Welcome to Spokane Garry Middle School! We are very excited to get started with kids in our Ravens Fitness & Health Program. We would like to provide you with some basic information & student expectations to help students have a great start to the year. Our intention is to clearly communicate with you and our students, to know what is needed to make your Fitness & Health class a great experience.

Keys to Success: Be Active, Be Ready, and Be Responsible

Class Expectations – Locker Room, Gym, Field, Fitness Center:

- Students will follow Spokane Garry expectations – Ready, responsible, respectful
- Students will have clearly marked assigned numbers on the gym floor.
- Students will always wear a mask correctly indoors.
- Students will have a safe location for backpacks.
- Student
 - computers must remain in their backpacks unless used for class.
 - phones turned to silent mode & in their backpacks for the class period.

Clothing:

- Students are expected to wear Spokane Garry Middle School Fitness & Health T-shirt.
- Students wear choice of shorts*, leggings, joggers, sweatpants – *appropriate length
- NO JEANS OR SKIRTS – Loaner shorts will be provided & required
- Tennis shoes every day! – (No slides, flip flops, heels, boots, crocs, etc.)
- Students will use the locker room for changing – maintaining social distancing & masks
 - (Get dressed quickly & wait patiently)
- Combination lock will be checked out to each student - \$5 fine if lost or broken.

Other:

- DEODORANT – NO AXE, NO SPRAY PERFUME (Bath & Body, etc.)
- EXTRA MASKS – after exercising or in case it breaks or gets dirty

Grading: (Spokane Garry Fitness & Health grades are based upon the 3 areas below)

1. EFFORT:

- Actively involved in movement activities and follow safety procedures.
- Following classroom rules and procedures.
- 5 points per day. If students are absent their make-ups are due within 7 days.
 - Makeup forms can be accessed on teams or can get a copy in the locker rooms.

A student may be excused from participation due to illness or injury with a written note signed by a parent/guardian (these days need to be made up). This can be used for a three-day window, after that a doctor's note will be required. If students are absent for an extended period will receive a passing ("P") grade instead of a letter grade, if a student does not have enough time to make-up missed days.

- 2. Homework Grade: MS Teams Assignments, Projects, Presentations
 - 3. Assessments: skills test, fitness tests, quizzes throughout semester
- Grade Scale:

| | |
|------------------|------------------|
| 100%-93% = A 4.0 | 79%-77% = C+ 2.3 |
| 92%-90% = A- 3.7 | 76%-73% = C 2.0 |
| 87%-89% = B+ 3.3 | 72%-70% = C- 1.7 |
| 86%-83% = B 3.0 | 69%-67% = D+ 1.3 |
| 82%-80% = B- 2.7 | 66%-60% = D- 1.0 |
| | Below 60% = F |



PLEASE KEEP THE ABOVE FORM AT HOME FOR FUTURE REFERENCES.

Cut here and return>-----

Teacher (please circle) Mrs. Macpherson Mr. Numata

please indicate if you have already ordered your child's uniform: Yes/ No (please circle)

Student Name _____ Class Period _____

Parent Signature _____ Order Number _____

To order your P.E. Uniform go to: **www.momentumink.com**

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If you have any questions, please feel free to contact your P.E. teacher!
Keep Yourself Moving!

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