## Freedom Middle School 588-6044

# Mr. Torres

Physical Education 7/8

***[ctorres@ruesd.net](mailto:ctorres@ruesd.net)***

**Class Requirements**

1. Students are required to wear appropriate clothing for active participation in physical education activities. Three days per week will be designated as Fitness Days. There will be exercises to elevate the heart rate for at least 15 minutes.
2. **Athletic shoes are the only acceptable form of footwear.** Stylish shoes with the appearance of an athletic shoe are not appropriate. Sandals in any form are not acceptable. Shoes must be tied tightly. If a shoe can be removed without untying the shoe laces, it is not considering tied tightly.

**Grades**

1. Grades are distributed as follows: Letter grades will be **EARNED** as follows:

55% Participation, attitude and responsibility A 90% or higher

10% Written quizzes and assignments B 80% to 89%

35% Fitness/Skills C 70% to 79%

D 60% to 69%

F 59% or lower

1. Participation points (5 points per day) are only earned when a student is participating in class activities. **Students are not awarded participation points during absences, days when medically excused or out of class for other school activities.** Students will also not be awarded points when removed from activities due to poor behavior, etc.
2. Students may make up excused absences, days missed with medical excuses and school activities in excess of 5 days by completing a written report. For absences from class less than 5 days, students will jog a lap or perform equivalent exercises before class or at a time agreeable between the teacher and student. **Students have one week to make up work.** Fitness days must be made up with a physical activity at the discretion of the teacher. Students will have until the end of the quarter to make up fitness days.

**Behavior**

1. Personal confidence, leadership and team work will be stressed.
2. Students who disrupt class activities in any way will be dealt with according to the school discipline code.

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**Please sign and return to Mr. Torres no later than Friday, August 18th.**

I have read and understand the requirements and expectations for this class Period 1 2 3 4 5 6 7

**Print** Student Name**:**  Student Signature**:**

**Print** Parent Name: Parent Signature:

E-mail address that I may reach you at:

Best phone numbers that I may contact you: home/work/cell

home/work/cell