

Dress Grade

0 - a portion of the dress doesn't meet dress code requirements

2 - all of the dress meets requirements

Dress Code Requirements:

Shirt/Pants/Shorts - any combination of Brave Red, Black, White or Grey (school colors - not maroon, tan, pink, navy blue, etc)

Clothing items must be athletic quality

No PJ pants, Jeans, khaki pants, etc.

Shoes - must be athletic lace up shoes.

No crocs, Hey Dudes, ANY TYPE of boot, slides, slippers, UGGS, Birks, etc.

All items of clothing that could be worn during class must meet the dress code.

Ex: If you are wearing a hoodie and get hot and take it off the shirt under it needs to also follow dress code expectations

Students will be expected to have appropriate clothing for outdoor activities in weather 50 degrees and above.

Daily Activity Grade

Out of 3 points.

- 1 point for completing the jogging warmup lap and doing stretches
- 2 points for completing the daily activity

Warm Up Grade:

A student who doesn't jog the warm up lap, complete it in its entirety, walks the lap, or doesn't participate in the stretches will not receive this point.

Activity Grade:

Each day Wellness/Power Training has a prescribed workout or activity planned. Students will be graded on their effort put forth during that activity.

- 2 points will be granted for students who are giving their all to the activity
- 1 point will be granted for students who are completing the activity but not to their full effort or who have cut portions out of the activity.
 - For example: students are required to run straights/curves - a student would receive a 1 if they are barely jogging or if they decide to jog one straight but walk the other.
- 0 points will be awarded for students who do not participate in the prescribed activity.

Additionally - students with their phones out during the daily activity will have points deducted from their grade.

In general, students should refer to the comments on each grade if there is a question about loss of points.