

**ALMA HEIGHTS CHRISTIAN ACADEMY**  
Physical Education and Athletic Departments  
**HIGH SCHOOL REGULATIONS**

**A. THE REQUIRED ITEMS FOR P.E. AND VARSITY SPORTS WITH THE ALMA HEIGHTS LOGO ordered through the school are:**

1. Ash Gray T-shirt with Alma Heights logo.
2. Long shorts (blue, black or gray and hemmed)
3. Sweatshirt (gray solid-colored and nologo except Alma Heights)
4. Sweatpants (cotton blue, black, or gray solid-colored)
5. Socks and tennis shoes that tie tightly.

Student must have a separate pair of indoor non-marking tennis shoes stored in their gym lockers and used only in the gym.

Students must have all items of the P.E. uniform and be dressed for P.E. everyday, even with a day medical excuse. Names should be written with a permanent laundry marker on an inside tag on every item brought bring to wear for P.E. Also, **write your last name and first initial on the white tag in front.**

**B. GRADING PROCEDURE**

Students will begin each quarter of P.E. with a B (86%) average.  
Plus points need to be accumulated to improve the grade.

**Your grade will be raised 4 points for each of the following:**

1. A grade of an A in skill
2. A grade of an A in participation
3. A grade of an A on the written test
4. Running one mile under 10 minutes on Wednesday make-up days after school
5. Writing a two page report on a sport or your personal testimony (one/qtr.)

**Your grade will be lower 4 points for each of the following:**

1. A grade of a C in skill
2. A grade of a C in participation
3. Each grade below a B on the written test
4. Late to roll call two times
5. Talking during explanations two times
6. Not cooperating with the teacher
7. Refusing to participate in the activity
8. Not dressing in own P.E. clothes (must wear green loan shirts)
9. Not wearing proper shoes for the activity two times
10. Unsportsmanlike conduct or physical aggression toward others
11. Destructive with or misuse of equipment

**ALMA HEIGHTS CHRISTIAN ACADEMY**  
Physical Education Department  
**5<sup>TH</sup> - 8<sup>TH</sup> GRADE REGULATIONS**

**A. THE REQUIRED ITEMS FOR P.E. WITH THE ALMA HEIGHTS LOGO ARE:**

1. Light blue T-shirt
2. Navy blue sweatshirt (hooded)  
Navy blue cotton long hemmed shorts
4. Navy blue cotton sweatpants
5. Socks and tennis shoes that tie tightly. Student must have a separate pair of indoor non-marking tennis shoes to use only in the gym for indoor sports.

Order the Alma Heights shirts through the P.E. Department. The shorts and sweatpants you buy on your own at department stores like Sports Mart or online at Russell Sportswear. Every student must have all five items of the P.E. uniform and be dressed for P.E. everyday, even if you have a day medical excuse.

Full last name and first initial must be on the white tag on the two shirts. The shorts and sweatpants must have the names written on the top of the left side. Use black permanent laundry marker to write names on the shirts' white outside tags. Use black permanent laundry marker on white iron-on tags or white permanent laundry marker on the navy blue sweatpants and shorts.

**B. GRADING PROCEDURE**

**An E, G, N, or U will be awarded for P.E. on the report card each quarter.**

E = Excellent in participation, seeks to improve skill level, exhibits good teamwork and sportsmanship, and gives maximum effort.

G = Steady participation, good effort, and good sportsmanship.

N = Needs improvement in participation, effort, and/or sportsmanship.

U = Unsatisfactory

Participation is measured by the students dressing out for PE, being on time for class, being obedient, and attempting to improve in the skills for the particular activity.

Effort is trying to do your best in practice drills and games.

Sportsmanship is respecting your fellow classmates as you practice or play safely within the rules of the game.