

## **Team Activities**

### **Missouri Valley High School**

**Team Activities is an activity class so your participation is required. Four excused absences will be allowed per quarter; all other excused absences will need to be made up per arrangements with the teacher. If the absence is unexcused the student will be counted as truant and will not receive any points for that day. It is the responsibility of the student to make arrangements with the instructor to make up missed class time.**

**Students are required to be properly dressed for class (t-shirt, shorts, and properly TIED tennis shoes). If a student does not have their clothes they will receive a 0 for the day. If a student has 4 non-dress days in a semester they will be removed from class and receive a failing grade.**

**A note from the parent is needed if the student is ill or injured and cannot participate in class that day. A doctors note is required if there is an extended illness or injury that prohibits the student from missing more than one class.**

## **GRADING**

**Students will be given up to 10 points per day based on their effort, attitude, sportsmanship, and team play. At the end of each quarter the total points earned will be added up and divided by the number of points possible.**

**100 – 90 A  
89 – 80 B  
79 – 70 C  
69 – 60 D  
59 – 0 F**

## **ROUTINE**

**Students will be participating in various selected team activities throughout the semester. A warm-up and stretch routine will be performed prior to all activities.**