

CLOVIS HIGH SCHOOL PHYSICAL EDUCATION HANDBOOK 2008-2009

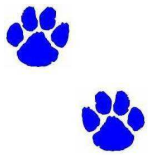


"The strength of our democracy is no greater than the collective well-being of our people. The vigor of our country is no stronger than the vitality and will of our countrymen. The physical, mental, moral, and spiritual fitness of every American citizen must be our constant concern."
- John F. Kennedy

PHYSICAL EDUCATION EXPECTATIONS FOR ALL CLASSES


PURPOSE	TOTAL PE PROGRAM	ELECTIVE PE.
<p>The purpose of the handbook is to acquaint you with the procedures and regulations that will help you attain success in your physical education class.</p> <p>In our curriculum we include a wide variety of physical activities, a high intensity fitness unit and Wellness classes that emphasize the relationship that regular exercise and good nutrition have with disease prevention and a healthy lifestyle.</p> <p>Reinforcement of these principles at home can further enhance this very important message.</p> <p>If you have any questions regarding the Physical Education Department, please feel free to contact us at Clovis High School, 327-1000. You may also email your teacher (teacher name @CUSD.com)</p>	<ol style="list-style-type: none"> 1. Safety 2. Care of Equipment 3. Care of Property 4. Uniform Requirements 5. Personal Hygiene 6. Graduation Requirements 7. Grading Policies 8. Make-up Policies 9. Sportsmanship 	<ol style="list-style-type: none"> 1. Fitness weekly routine 2. Alcohol and Tobacco Abuse 3. <u>Activity units:</u> <ul style="list-style-type: none"> Weights/Conditioning Aerobics Team Sports Tennis Badminton Water Sports/ Snorkeling Golf Mushball Power Volleyball Volley Tennis Flag Football Soccer Basketball Dance Street Hockey Slow Pitch Softball Wrestling Team Handball
	CORE PHYSICAL ED. "A"	
	<p style="text-align: center;">WELLNESS ACTIVITIES</p> <ol style="list-style-type: none"> 1. Fitness weekly routine 2. <u>Activity units:</u> <ul style="list-style-type: none"> Aquatics Individual Sports Team Sports Tumbling/Gymnastics Outdoor Education Dance Combatives 	
	CORE PHYSICAL ED. "B"	
	<p style="text-align: center;">WELLNESS ACTIVITES</p> <ol style="list-style-type: none"> 1. Fitness weekly routine 2. <u>Activity units:</u> <ul style="list-style-type: none"> Aquatics Individual Sports Team Sports Tumbling/Gymnastics Outdoor Education Dance Combatives 	<div style="text-align: center; background-color: #cccccc; padding: 5px;">PHYSICAL EDUCATION EXPECTATIONS FOR ALL CLASSES</div> <ol style="list-style-type: none"> 1. On time and in correct attire 2. Active participation 3. Attention to personal hygiene 4. Physical Fitness Assessment <p style="text-align: center; font-weight: bold;">CLOVIS UNIFIED SCHOOL DISTRICT PHYSICAL FITNESS ASSESSMENT WILL BE ADMINISTERED TWICE A YEAR.</p> <p style="text-align: center;"><u>Testing will include:</u></p> <ol style="list-style-type: none"> 1. Back saver sit and reach 2. Curl-ups 3. Modified pull-ups 4. Trunk lift 5. 1-mile run
<p style="text-align: center;">Physical Education Staff Peter Tragitt, <i>Department Chairperson</i></p> <p style="text-align: center; margin-top: 20px;">Jerry Campbell Kevin Johns John Jones Richard Lake Debby Mennucci Mike McGough James Patrick Brenda Read Stacey Schiro Steve Tirapelle</p>	<p style="text-align: center; font-weight: bold;">ON-LINE grading See ZANGLE GRADEBOOK</p> <p>Parents will obtain a password in their student's registration packet or may obtain a password from the registrar in the main office.</p>	

"STRENGTH OF BONE INCREASES WITH AMOUNT OF STRAIN IT IS SUBJECT TO." Morehouse and Cooper



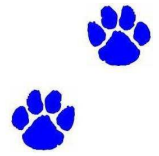
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MEDICAL EXCUSES	FOOD
<p>Parents and/or the school nurse may excuse you from participating up to three days per semester by writing the instructor a note stipulating the number of days. You are still required to dress out. Teacher discretion will be used in extenuating circumstances.</p> <p>Students are required to have a note from their doctor to be excused for longer periods of time. These notes must be presented to the nurse at the beginning of the student's physical education period. The nurse will send the student back to the instructor who will record the dates excused and make arrangements for the student to do supervised studies.</p>	<p>Food, candy, or gum are NOT allowed in the locker room, gymnasium or in class.</p>
OFF LIMITS	LOCKER ROOM SECURITY
<p>Students are not allowed in any indoor or fenced teaching stations without an instructor.</p>	<p>The locker room will be locked during class time to keep all students out. This is to protect you against theft. Please encourage your student to always lock their belongings inside their locker while in their PE class. It is <u>highly recommended</u> that students bring their own padlock for added security and do not share their combination with any other students. Lockers are provided for backpacks if students need them but require a combination lock.</p>
PHYSICAL EDUCATION DRESS REQUIREMENT	LOCKER ROOM PROCEDURE
<p>Clovis High School students enrolled in Physical Education are required to wear appropriate physical education attire. The attire consists of the following:</p> <ul style="list-style-type: none"> • SHORTS - Blue Clovis High PE Shorts • SHIRT - White Clovis High PE Shirt • SOCKS - Socks are required in all classes. We recommend athletic socks. • SHOES - Athletic shoes appropriate for the activity. 	<ol style="list-style-type: none"> 1. Double lock your locker and do not let anyone know your combination. 2. Only use the locker that has been assigned to you. 3. Mark your clothing so that your name is highly visible. 4. Always double check to insure that your locker is locked and secured properly. 5. The majority of missing items are not due to theft, but the unauthorized sharing of lockers and items not being locked up carefully. 6. DO NOT BRING VALUABLES (i.e. cell phones, iPods etc.) or large sums of money to P.E.
SWEATS	PROCEDURE IF ITEMS ARE MISSING FROM YOUR P.E. LOCKER
<ul style="list-style-type: none"> • Sweats can be plain or purchased from the student store. • When P.E. attire becomes torn, ripped, defaced or has holes, at the discretion of the instructor the garment must be repaired or replaced. 	<ol style="list-style-type: none"> 1. Report this incident to your P.E. teacher and the RC office immediately. 2. A theft report will be filled out and your locker assignment changed if your instructor feels it is necessary. 3. Check lost and found in the P.E. office.
	CLOVIS HIGH IS NOT RESPONSIBLE FOR ITEMS LOST OR STOLEN.
	INJURIES
	<p>Report all injuries to your coach. CAUTION - Horseplay or fighting will not be tolerated. The hard surface in the locker room makes for a dangerous situation.</p> 
	HOLDING LINE
	<p>Students must stay behind the red lines until the passing bell rings. Students who disregard this directive will be referred to Student Services.</p>
	MARKING UNIFORMS
	<p>Marking student's name on all physical education clothing is mandatory. No other markings are allowed on PE clothing other than the student's name.</p>



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Physical Education is a discipline through which students not only learn the skills necessary to perform physical activities successfully, but also understand the importance of those skills and transfer them to other areas of instruction

Through participation in physical education, students learn to establish goals and develop the perseverance needed for high achievement and the confidence needed to pursue excellence. In addition, they learn to perceive and appreciate similarities and differences among individuals and to cooperate and compete fairly.

I can think of no better place to teach students these basic skills than in the physical education classroom.

*Bill Honig, Superintendent of Public Instruction
State of California*

I have read the Physical Education Handbook and reviewed them with my child.
We understand the policies as stated.

Student's signature

(Print Name)

Date

Parent's signature

(Print Name)

Date