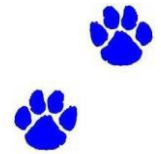


CLOVIS HIGH SCHOOL PHYSICAL EDUCATION HANDBOOK 2017-2018

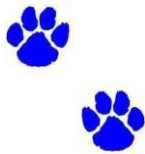


"The strength of our democracy is no greater than the collective well-being of our people. The vigor of our country is no stronger than the vitality and will of our countrymen. The physical, mental, moral, and spiritual fitness of every American citizen must be our constant concern."
- John F. Kennedy

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 may include:</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 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 	
	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 may include:</u> <ul style="list-style-type: none"> Aquatics Individual Sports Team Sports Tumbling/Gymnastics Outdoor Education Dance Combatives 	
<p style="text-align: center;">Physical Education Staff Peter Tragitt, <i>Department Chairperson</i></p> <p style="text-align: center; margin-top: 20px;">Greg Clark Richard Lake James Patrick Stacey Schiro Gabe Schaefer Rich Hammond Johnny Lopez Tiffani Boone EJ Jackson Katie Green</p>	<p style="text-align: center;">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>	<div style="background-color: #cccccc; text-align: center; padding: 5px; font-weight: bold;">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; margin-top: 10px;">CLOVIS UNIFIED SCHOOL DISTRICT PHYSICAL FITNESS ASSESSMENT WILL BE ADMINISTERED TWICE A YEAR.</p> <p style="text-align: center; margin-top: 10px;"><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

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



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GRADING SCALE

Six Week Progress Report	12 Week Progress	18 Week Semester Grade
90 - 100 = A	180 - 200 = A	270 - 300 = A
80 - 89 = B	160 - 179 = B	240 - 269 = B
70 - 79 = C	140 - 159 = C	210 - 239 = C
60 - 69 = D	120 - 139 = D	180 - 209 = D
59 - below = F	119 - below = F	179 - below = F

GRADING POLICY

Each six week unit is worth 100 points for a total of 300 points at the end of the semester.

1. Students are expected to dress out and participate each day with the exception of excused absences.
2. Students are also allowed to make-up points in the Fitness Center with the exception of days students receive Non-Participation demerits.
3. Students with a medical excuse may result in a "pass" or "no grade."

The PE course is developed with high expectations for students to attend class, be prompt, dress out (to our school standard) and participate to the best of their ability every day. If students accomplish these objectives, they will earn a positive grade.

DEMERITS

- 6 = Absence
- 6 = Non Dress*
- 6 = Non Participation*
- 3 = Uniform Cut per Garment
- 3 = Tardy
- * Bock Days are counted as double

GRADING EXAMPLE

Grading Example for 6 Weeks:
Student has the following demerits
2 Absences = -12
(2 uniform cuts = -6, 1 non-dress = -6)

100 possible points
-24 demerit points
76 total points
= C Grade

ZANGLE GRADEBOOK

NP= Non-participation
Non-Dress
T= Tardy

U= Uniform Cut ND=
A= Absence

***Grades are entered at the completion of units, which can be every two to four weeks. Teachers can be emailed for grade reports if updates are requested.**

ABSENCES

PE is a class that is participation and performance/effort based. Consistent attendance and dressing out are very important. Absences and non-dresses are the two leading causes of low grades in physical education class.

Seat Time Absences are considered excused and will not be counted against a student. Seat time absences include the following:

1. Doctor or Dentist appointment with note
2. Co-Curricular Activity (i.e. sports, choir etc.)
3. School Office appointments
4. Independent Study

***Although parent phone calls are considered excused absences from the attendance office, students are still required to make-up all days missed other than "Seat Time Absences."**

*** Students in 0 Period may be dropped by their counselor for missing excessive days. Excessive is more than five (5) per six-week grading period.**

*** It is the student's responsibility to clear all Seat Time Absences through the Attendance Office, and provide their teacher with a copy of a doctor's note.**

NON-DRESS POLICY

Second non-dress per grading period:

1. Students will be sent to Student Services and receive behavioral consequence.

MAKE-UP P.E. TIMED MILE RUN

1. One (1) make-up mile run per day is equal to 6 points (one day's absence).
2. Make-ups for absences must be completed during the grading period of occurrence. The only exception to this policy is if a student is absent the last few days of a grading period. Students may then make-up time in the fitness center during the first week of the following grading period.
3. Mile runs will be 3 times per week: Tuesday and Wednesday during lunch, students must to the track by 12:10 and Thursday mornings, students must report to the track by 7:15.
4. Students can only do a make-up twice a week unless given prior teacher permission.
5. Swim make-ups are done in the swimming pool.

ATHLETES- GAME DAY

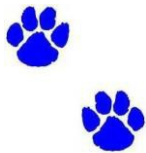
Other than special circumstances, all athletes will be required to dress out and participate on game day.

STUDENT STORE OPTIONAL P.E. CLOTHING PRICES

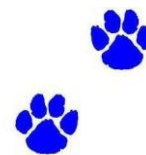
Shirts - \$10.00	Shorts - \$15.00
Sweat Bottoms - \$15.00	Fitness Towels - \$4.00
Locks- \$6.00	


Sizes above XL are \$2 extra per item.

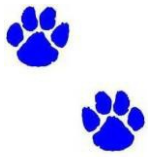
* PE clothing is available at the student store.



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MEDICAL EXCUSES	FOOD	
<p>Parents and/or the school nurse may excuse you from participating up to <u>three days per semester</u> by writing the instructor a note stipulating the number of days. Students are still required to dress out and must run a make-up mile for a parent excused absence within the 6 week grading period. 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>	
	LOCKER ROOM SECURITY	
	<p>All students are required to bring a <u>combination or spin dial lock</u> for their lockers and to provide their combination to their PE teacher. The Cougar Store also sells locks for \$6. Teachers also have locks available for students to use. 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 do not share their combination with any other students.</p>	
	LOCKER ROOM PROCEDURE	
	<ol style="list-style-type: none"> 1. Only use the locker that has been assigned to you. 2. Mark your clothing with your name so it is highly visible. (Mandatory) 3. Most thefts are due to the unauthorized sharing of lockers and items not being locked up each time. 4. <u>DO NOT BRING VALUABLES</u> (i.e. cell phones, iPods, laptops etc.) or large sums of money to P.E. 	
OFF LIMITS		
<p>Students are not allowed in any indoor or fenced teaching stations without an instructor.</p>		
PHYSICAL EDUCATION UNIFORMS		
<p>Clovis High students enrolled in Physical Education are required to wear appropriate P.E. attire. Such attire may be purchased at the Clovis High student store.</p> <p>The uniform being sold by the site contains the name/logo of Clovis High. Students, however, are not required to purchase a P.E. uniform from Clovis High. If students choose not to purchase a P.E. uniform from Clovis High, students are otherwise required to wear their own appropriate clothing.</p> <ul style="list-style-type: none"> • SHORTS - Royal Blue or CHS PE shorts, No pockets. • T-SHIRT - Plain white T-shirt, or grey or white CHS PE shirt • SWEATS - Can be royal blue, black or gray or CHS PE sweats. • SOCKS - Socks are required in all classes. We recommend athletic socks. • SHOES - Athletic shoes appropriate for the activity. • PRINT LAST NAME ON ALL CLOTHING • If a student cannot afford to purchase required PE clothes, the student or parent should contact the student's counselor for assistance. For such students, Clovis High will provide a previously used uniform, which has been cleaned by Clovis High staff. This uniform must be returned, in good condition, to Clovis High at the end of the school year. • When PE attire becomes torn, ripped, defaced or has holes, at the discretion of the instructor the garment must be replaced or repaired. 	<th style="text-align: center;">PROCEDURE IF ITEMS ARE MISSING FROM YOUR P.E. LOCKER</th> <ol style="list-style-type: none"> 1. Report this incident to your P.E. teacher and the Student Services 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. 	PROCEDURE IF ITEMS ARE MISSING FROM YOUR P.E. LOCKER
	CLOVIS HIGH IS NOT RESPONSIBLE FOR ITEMS LOST OR STOLEN.	
	INJURIES	
	<p>Report all injuries to your teacher. 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>	



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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 1983-1993*
State of California



ClavisHigh

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

*** Students: Please return this signed form to your PE teacher immediately.**

Student's signature

(Print Name)

Date

Parent's signature

(Print Name)

Date