



CLOVIS HIGH SCHOOL PHYSICAL EDUCATION HANDBOOK 2018-2019



"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

The purpose of this handbook is to acquaint you with the procedures and regulations that will help you attain success in your physical education class.

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.

Reinforcement of these principles at home can further enhance this very important message.

TOTAL PE PROGRAM	Physical Education Staff	CORE PHYSICAL ED												
<ul style="list-style-type: none"> Safety Care of Equipment Care of Property Uniform Requirements Personal Hygiene Graduation Requirements Grading Policies Make-up Policies Sportsmanship 	<p style="text-align: center;">Peter Tragitt—Department Chairperson</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Tiffani Boone</td> <td style="width: 50%;">Richard Lake</td> </tr> <tr> <td>Greg Clark</td> <td>Johnny Lopez</td> </tr> <tr> <td>Katie Green</td> <td>James Patrick</td> </tr> <tr> <td>Rich Hammond</td> <td>Gabe Schaefer</td> </tr> <tr> <td>Jon Heinz</td> <td>Stacey Schiro</td> </tr> <tr> <td>EJ Jackson</td> <td></td> </tr> </table>	Tiffani Boone	Richard Lake	Greg Clark	Johnny Lopez	Katie Green	James Patrick	Rich Hammond	Gabe Schaefer	Jon Heinz	Stacey Schiro	EJ Jackson		<p>Wellness Activities:</p> <ul style="list-style-type: none"> Fitness Weekly Routine Aquatics Individual Sports Team Sports Tumbling/Gymnastics Outdoor Education Dance
Tiffani Boone	Richard Lake													
Greg Clark	Johnny Lopez													
Katie Green	James Patrick													
Rich Hammond	Gabe Schaefer													
Jon Heinz	Stacey Schiro													
EJ Jackson														
ELECTIVE PE	EXPECTATIONS FOR ALL CLASSES													
<p>Fitness Weekly Routine and Activity Units may include:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Weights/Conditioning</td> <td style="width: 50%;">Individual Sports</td> </tr> <tr> <td>Aerobics</td> <td>Aquatic Sports</td> </tr> <tr> <td>Team Sports</td> <td>Dance</td> </tr> </table>	Weights/Conditioning	Individual Sports	Aerobics	Aquatic Sports	Team Sports	Dance	<p>Be on Time and in Correct Attire</p> <p>Active Participation</p> <p>Attention to Personal Hygiene</p> <p>Physical Fitness Assessment</p>							
Weights/Conditioning	Individual Sports													
Aerobics	Aquatic Sports													
Team Sports	Dance													
ATHLETIC PE	DANCE PE													
<p>Athletic PE classes are for students who are/will be participating in/on a Clovis High School sports team (must be a CIF school sport, not a club). Enrollment in the class is a privilege, therefore: those who don't follow the class guidelines, aren't on a team, can't keep up with the physical expectations, or don't represent themselves inside or outside of class in such a fashion that is expected from team members may be removed and put in a Core PE class. (Enrollment must be approved by a Clovis High Director of Sport or instructor.) These classes will be working on strength, speed and endurance training, while maintaining the CUSD PE curriculum for Physical Education.</p>	<p>Dance PE mandates that each student must participate in the Spring Dance Concert as a performer or as production staff. The Spring Dance Concert will be 30% of each students overall 2nd semester grade. If a student is unable to take part in the Spring Dance Concert they will be subject to removal from the class or required to complete 2 full-length essays, typed and formatted according to MLA guidelines. The decision to remove a student from the class or complete the above mentioned essays will be determined by the instructor and the time of year when the instructor is notified of the students inability to participate in the Spring Dance Concert.</p>													
<p>"STRENGTH OF BONE INCREASES WITH AMOUNT OF STRAIN IT IS SUBJECT TO." - Morehouse and Cooper</p>														

CLOVIS UNIFIED SCHOOL DISTRICT PHYSICAL FITNESS ASSESSMENT WILL BE ADMINISTERED TWICE A YEAR

Testing will include: Back-saver sit & reach, curl-ups, modified pull-ups, trunk lift and 1-mile run.

GRADING SCALE		
6 Week Progress Report	12 Week Progress Report	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

ABSENCES

PE is a class that is participation and performance/effort based. Regular attendance and being dressed out are very important. Absences and non-dresses are the 2 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/Dentist appointment w/ 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," as listed above.

Students in 0 period may be dropped by their counselor for missing excessive days. Excessive is more than 5 absences within each 6 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.

GRADING POLICY

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

1. Students are expected to dress out and participate each day.
2. Students are also allowed to make-up excused absences with a make-up mile.
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.

NON-DRESS POLICY

If a student receives a 2nd Non-Dress within a grading period, the student will be sent to Student Services and may receive behavioral consequences.

DEMERITS

-6 = Absence
 -6 = Non Dress*
 -6 = Non Participation*
 -3 = Uniform Cut (per garment)
 -3 = Tardy
 * Block Days are counted as double

MAKE-UP PE—TIMED MILE RUN

1. One (1) make-up mile run per day is equal to six (6) points, one (1) day's absence.
2. Make-ups for absences must be completed during the grading period of the occurrence. The only exception to the policy is if a student is absent the last few days of a grading period. Students may then make-up during the 1st week of the following grading period.
3. Mile runs will be 3 times per week. Tuesday and Wednesday during lunch, students must be at the track by 12:10 pm and Thursday mornings, students must be to the track by 7:15 am.
4. Students are allowed only 2 make-ups in a week without prior teacher permission.
5. Swim make-ups are done in the swimming pool.

GRADING EXAMPLE

Grading Example for 6 Weeks:

Students has the following demerits:

2 Absences = -12
 2 Uniform Cuts = -6
 1 Non Dress = -6
 100 Possible Points
 -24 Demerits = 76 Points
 Earned = C Grade

ATHLETES-GAME DAY

Other than approved special circumstances, all athletes are required to dress-out and participate on game day.

GRADING EXAMPLE

NP = Non-Participation U = Uniform Cut
 ND = Non-Dress A = Absence
 T = Tardy

* Grades are entered at the completion of units, which can be every 2-4 weeks. Teachers can be emailed for grade reports if updates are requested.

STUDENT STORE OPTIONAL PE CLOTHING/MISC PRICES

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

*Sizes XXL and XXXL are \$2.00 extra per item.

***Items above are available at the Student Store**

MEDICAL EXCUSES	FOOD
<p>Parents and/or the school nurse may excuse you from participating up to 3 days per semester 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 or note 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 and 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 area.</p>	<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. Please encourage your student to always lock their belongings inside their locker while in their PE class. Students should not share their combination with any other students.</p>
SELF PACE NOTES	LOCKER ROOM PROCEDURE
<p>Students who are declared self-pace by their doctor are required to do the activity to the best of their ability. Students will be given an alternative assignment if they are unable to perform the daily activity.</p>	<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.
PHYSICAL EDUCATION UNIFORMS	PROCEDURE FOR MISSING ITEMS FROM YOUR LOCKER
<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 or grey T-shirt, or grey CHS PE shirt • SWEATS – Can be royal blue, black, 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. 	<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.
PHYSICAL EDUCATION UNIFORMS	CLOVIS HIGH IS NOT RESPONSIBLE FOR ANY ITEMS LOST OR STOLEN
PHYSICAL EDUCATION UNIFORMS	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>	<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 Hanig, Superintendent of Public Instruction
1983-1993—State of California

Online Grading—see Zangle Parent Connect
Parents will obtain a password in their student’s registration packet or you may obtain a password from the Registrar in the Main Office.

If you have any questions regarding the Physical Education Department, please contact us at Clovis High School, 559-327-1000.

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