



CLOVIS EAST HIGH SCHOOL

## **PHYSICAL EDUCATION HANDBOOK**

2016 – 2017 • 2940 Leonard Ave, Clovis, CALIFORNIA 93619

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CLOVIS UNIFIED SCHOOL DISTRICT

### **PURPOSE**

The purpose of this handbook is to acquaint you with the grading policies, expectations and procedures that will help you be successful and enjoy your Physical Education experience.

### **GOAL**

It is the goal of the Physical Education department to provide students with opportunities to develop an optimal level of physical fitness and to develop a desire for an active and healthy life-style, after participating in 4 years of Physical Education. These goals will be met through a variety of activities and sports. Health-related fitness tests are administered each unit as well as the annual California State Fitness Test to help students assess their progress.

### **CURRICULUM**

Core Physical Education is designed to satisfy the California State Physical Education requirement of 4 semesters of Physical Education. Elective Physical Education is designed to provide students with traditional and alternative physical activities that will satisfy the additional 4 semesters of Physical Education required by Clovis Unified School District.

#### **INTEGRATED CORE**

These courses are designed to integrate the mandated four semesters of Physical Education with four semesters of strength and conditioning training for athletes.

- Aquatics
- Baseball / Softball
- Badminton
- Basketball: Boys / Girls
- Cross Country / Track
- Football
- Golf
- Volleyball: Boys/Girls
- Pep & Cheer
- Tennis
- Wrestling

#### **ELECTIVE**

#### **ALTERNATIVES:**

- Cross-Age Tutoring
- Directive Studies
- Dance I, II, Repertory
- Marching Band/PE

#### **PHYSICAL EDUCATION EXPECTATIONS**

- Students will be on time to class
- Students will be properly dressed for class
- Students will actively participate daily in activities.
- Students will participate to the best of their ability daily.

Juniors and Seniors must have completed required core activities prior to registering for alternative electives.



Physical Education is a participation and performance based class. As a result, your grade in P.E. is a reflection of your daily participation and effort during class.

## GRADING

Each student will have the opportunity to earn 5-10 points per day. These points are for dressing out, participation and attendance. Each student may be assessed a written/skills test that will be valued at 20 points after each unit and will be added to the final grade of each grading period.

### Point Breakdown

PE Make Up	+ 5 points
Participation*	+ 3 points
Proper PE attire *	+ 2 points
Unexcused Tardy*	- 1 points
Incomplete Uniform*	-1 or -2 points
Non-participation*	- 3 points
Absence*	- 5 points
Misconduct (Referral)*	- 5 points
Non-dress*	- 5 points
Truancy*	- 5 points

*\*If occurs on a block day points will be doubled.*

### Grading Scale:      Zangle Gradebook:

Based on Percentages	ND = Non-Dress
90-100 = A	NP = Non-Participation
80-89 = B	U = Uniform Cut
70-79 = C	UC = Uncleared
60-69 = D	T = Tardy
0 - 59 = F	EC = Extra Credit

## ABSENCES&NON-DRESS POLICY

*Students who are absent will not receive their 5 participation points for the day.* Lost points may be made up. See the Make-Up P.E. section. The following are absences that do not result in loss of points.

- Student activities
- School Office appointment (ie. counselor...).
- Approved Independent Study for students who will be absent for 5 days or more.

Non-dresses are the main reason for failing physical education. *5 points will be deducted for each non-dress.*

## UNIFORM REQUIREMENTS

- Students are required to wear the Clovis East Physical Education uniform.
  - Shorts:** Clovis East Physical Education shorts or plain navy shorts
    - No Cut off sweats are permitted
  - Shirt:** Clovis East Physical Education shirt, Clovis East spirit shirt, or solid White, Grey or Navy shirt
- **Socks:** Required for activity
- **Shoes:** Athletic type shoes with laces and backs
- **Optional Attire:** White, Black, Navy, Green or Gray sweat clothes for cold days
- Ripped, torn, frayed, cut or defaced uniforms will be required to be replaced or repaired

## MARKING UNIFORMS

- It is recommended that all uniforms be marked with indelible ink.

## MAKE-UP P.E.

- Make-up sessions are held on Fridays from 7:00 – 7:30AM in the West Gym, at lunch on Thursdays from 12:10 – 12:40 behind the boy’s locker room or the fitness center after school on Mondays and Wednesdays.
- 5 points are earned for each make-up completed.
- Students are allowed a maximum of 5 make-ups per grading period.

## TARDIES

1 point will be deducted for each unexcused tardy. The school Tardy Policy will be followed. The locker room doors will be closed at the tardy bell.

## MEDICAL EXCUSES

- Parents may excuse students one time per semester up to 3 consecutive days with a written note.
- A doctor’s note is required for excuses lasting more than 3 days.
- Doctor notes requiring students not to participate in PE must be turned into the nurse within 2 weeks of injury or illness.
- Notes turned in after the 2 week limit, will not be accepted for grading purposes.
- Students with medical excuses lasting 1 week or longer, will be assigned written work in order to meet class requirements.

## **LOST&FOUND/THEFTS**

- Report all thefts immediately to your teacher.
- Check lost boxes and coaches for lost items.  
*It is the policy of Clovis East not to investigate the loss or theft of items that are restricted from campus.*
- *Securing personal property is the responsibility of the student.*

## **LOCKS**

- Students must supply their own lock. All locks must be registered in the P.E. office.
- Master type spin dial or tumbler locks are recommended.
- Make sure the lock is strong and durable.
- Key locks are accepted but not encouraged

## **INJURIES**

- Report any injuries to your instructor immediately.
- Horseplay, fighting and snapping of towels will not be tolerated.

## **HOLDING THE LINE**

Students must stay behind the front gate until the passing bell rings. Students who leave early will be considered truant.

## **OFF-LIMITS**

- Locker rooms are off-limits during class and lunch. Students found in the locker rooms at this time will be assigned a 2 hour detention.
- Students are not to enter facilities without an instructor present.
- All gyms are off limits during lunch.
- The locker room will be closed at 3:00 each day.
- Students are only allowed in the locker rooms before and after their assigned Physical Education period.
- P.E. lockers are solely for the purpose of keeping P.E. clothes and are not to be used to store books or food.

## **LOCKER ROOM SECURITY**

Students are encouraged not to bring valuable items in the locker room. If for some reason students have to bring valuables into the locker room they should be brought to the P.E. instructor for safe keeping in the office.

Students are **WARNED** not to let their combinations be known to anyone.

- Students are **WARNED** to be careful that they are not observed while using their combination.
- Students are **WARNED** not to share their locker and only use their assigned locker.
- Students are **WARNED** to check that their lock is secured prior to leaving the locker room by spinning the dial and pulling down on the lock.
- Students are **WARNED** not to leave their lockers open and unattended.
- Students are **WARNED** not to leave large sums of money and valuables in their lockers.
- School is not responsible for any backpacks that are left unattended in the locker room or gyms.
- The locker rooms are **CLOSED** during class time, lunch, and after school
- *P.E. and team lockers are not to be used to store lunches and books*

## **FITNESSCENTER**

The Clovis East Fitness Center offers a unique opportunity for students to focus on health related fitness, cardiovascular endurance, muscular strength, and muscular endurance.

Each year students will have an opportunity to use the Fitness Center. Because of its uniqueness, students must be in PE attire and are expected to use the equipment in the manner it was designed and to help keep The Fitness Center clean and in working order.

## **ATHLETIC GAMEDAYS**

Other than special circumstance, *all* athletes are required to dress out and participate on game days.

***STUDENTS ARE REMINDED NOT TO LEAVE VALUABLES IN P.E. LOCKER.***

LOCKER ROOMS ARE OFFLIMITS EXCEPT WHEN DRESSING FOR PHYSICAL EDUCATION

The locker rooms will be kept locked during class for safety and to protect against theft.

