



REYBURN INTERMEDIATE SCHOOL

PHYSICAL EDUCATION HANDBOOK

2017 – 2018 • 2901 De Wolf 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. These goals will be met through a variety of activities and sports. We encourage our parents to get involved in their child's wellness program at home. Active participation with your child's physical fitness at home will lead to developing healthy life long habits. It is our goal at Reyburn that eighty five percent (85%) of our students achieve at or above the state mean percentile on each component of the California Physical and Health-Related Fitness Test at the end of the school year.

We have also implemented a character education program which we hope will help the students to focus on making sound ethical decisions and help them in all areas of life.

OBJECTIVES

- To expose students to a variety of physical activities in an effort to find areas of enjoyment as well as benefits.
- To develop an awareness of the importance of personal fitness and acquaint students with programs for maintaining fitness in adult life.
- To provide instruction for the development of basic physical skills that will allow personal fulfillment in the use of leisure time.
- To help students gain knowledge about cardiovascular health, exercise, stress management, and nutrition.
- To continue to build upon the principles of the CHARACTER COUNTS! program (Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship) in order to help each of us to develop good character and use it in our everyday lives.

PHYSICAL FITNESS TESTS

The Clovis Unified School District Physical and Health-Related Fitness Test will be given and is a substantial part of your grade. Students must show effort and improvement over the course of the year in areas associated with PFT testing. A student's grade may reflect deductions based on their lack of effort or performance. Students with medical excuses are encouraged to run the mile to tolerance. The students are tested in the following areas: Mile Run, Sit-n-Reach, Modified Pull-ups, Curl-ups, and Trunk lift.



ACTIVITIES

CHARACTER COUNTS!
 PHYSICAL FITNESS
 BASKETBALL
 RALLY BALL
 DANCE
 SPEEDMINTON
 ULTIMATE FRISBEE
 SOCCER
 FLASH FOOTBALL
 SWIMMING
 HEALTH & WELLNESS
 SPARKS FITNESS
 HANDBALL
 TAE BO
 KICKBALL
 TENNIS
 VOLLEYBALL
 POWERWALK
 MUSHBALL
 ZONEBALL

SEMESTER GRADE

Physical Education is a performance and participation 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 receive:
 200 points each 6 week grading period.
 600 points total per semester.
 Grades will be based on the number of points a student ends up with at the end of each grading period.

Point Breakdown

Non-dress*	- 10 points
½ Non-Dress*	-5 points
Non-participation*	-10/5 points
Unexcused Tardy*	- 1 points
Absence*	- 5 points
Misconduct (Referral)*	- 5 points
Truancy*	- 5 points
PFT*(1x per Semester) 5 areas	-10/-20 points per area
PE Make Up	+ 5 points

Grading Scale:

<u>Based on Percentages</u>	<u>Zangle Gradebook:</u>
100 = A	ND = Non-Dress
94 = A	NP = Non-Participation
90 = A-	NS/NR = No Swim/No Run
88 = B+	½ ND = Missing PE Items
84 = B	TS = No PE Shirt
80 = B-	S = No PE Shorts
78 = C+	Sh = Inappropriate PE Shoes
74 = C	PFT = Physical Fitness Tests
70 = C-	A = Absences
68 = D+	B = Behavior, Attitude, etc
64 = D	T = Tardy
60 = D-	EC = Extra Credit
0 - 59 = F	

NON-DRESSES ARE THE MAIN REASON FOR FAILING: YOU MUST DRESS OUT!!!

STUDENTS WILL BE EXPECTED TO:

- Be on time and dress in correct uniform each day.
Correct PE attire is: PE T-shirt, Shorts and Tennis shoes.
- Actively participate and show effort in exercises & fitness each day, as well as, class activities/units.
- Exhibit proper health procedures such as clean clothes (washing clothes weekly), proper use of equipment and facilities in order to create a SAFE environment.
- Specifically, points will be deducted for the following items:
 - Non-Dress -10 or -5 points per item*
 - Misconduct (behavior, attitude, etc).....-5/-10 pt.*
 - Unexcused tardy.....-1 point*
 - Unexcused Absence or 5 or more excused absences.....-5 point*
 - Truancies.....-5 point*
 - Non-participation-5/-10 point (including swimming and mile run)*
 - PFT.....-10/-20 point per area not passing in Healthy Fitness Zone*

*Each student will receive:
 200 points each 6 week grading period.
 600 points total per semester.*
- Grades are available on Zangle for parental viewing.
- Students in jeopardy of failing, or are failing, will receive a caution card/progress report from their instructor which must be signed and returned.

ABSENCES-POLICY

Students who are absent will not receive participation points for the day. Lost points may be made up. See the Make-Up P.E. section. 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.

-5 points will be deducted from your grade for every absence each semester.
(All school activity absences will be excused.)

PE-UNIFORM REQUIREMENTS

- Reyburn students enrolled in Physical Education are required to wear appropriate P.E. attire. Such attire may be purchased from the Reyburn P.E. Staff in the Locker Rooms.
- The uniform being sold by the site contains the name/ logo of Reyburn. Students, however, are not required to purchase a P.E. uniform from Reyburn, students are otherwise required to wear their own **solid** navy, black, white or grey shorts, which must have an inseam at least 7" long in length and **solid** white, navy, black or grey shirt for P.E. T-shirts not allowed in PE are V-necks, low cut, sleeveless, and any random print on the shirt. Any spirit pack shirt may be worn, but the t-shirt must be of school colors, white, navy, green, black, or grey. Shorts cannot have random colors on them that are not school colors. A Fashion Show is done 1st week of school.
- Appropriate shoes for PE are any form of a tennis shoe, which laces up and will not fall off the students feet. Boots, sandals and slippers are not safe or appropriate shoes for students to wear during their PE class.
- If a student cannot afford to purchase a standard P.E. uniform: **solid** navy, black, or grey shorts and **solid** white, navy, or grey shirt, or the uniform available from the school site, the student or parent should contact Lauren Lopez at 327-4739 in the Reyburn P.E. Department.
- Students who choose to wear sweat tops and/or sweat bottoms, must adhere to the following acceptable combinations of colors: navy, grey, black, dark green or white. Students are required to wear their PE shirt and shorts under their sweats.
- The student's name needs to be marked on all P.E. clothing. *Any marking other than your name will not be allowed.*

LOST&FOUND/THEFTS

- Anything left behind in the locker room during or after P.E. will be placed in the lost and found, OR the coach's office.
- Backpacks are not to be left out on the locker room floor. They should be put in the student's locker or placed in the PE coaches' office.
- Instructors are not responsible for items left out such as clothes, shoes, back packs, purses, books, phones, i-pods, or locks!
- If you cannot find your clothes, go to the lost and found and look for them. The P.E. Department is not responsible for lost clothes.
- *If you cannot find your valuable items which you locked in your locker, please follow the proper procedure. You must tell an instructor immediately. We will do our best to help you locate your items, but you will need to fill out a theft report and take it to the SRC. The SRC will handle the investigation.*

TARDIES

- Students are given **6** minutes from the tardy bell to be dressed and in line for the roll call. If student is not in roll call they will be marked Tardy. Students are also given **6** minutes at the end of the period to dress for their next class.
- -1 points will be deducted for each unexcused tardy. The school Tardy Policy will be followed.
- Students must be in the locker room by the time the tardy bell rings. When the locker room is cleared out for roll call all students must be sitting in roll call or may be marked Tardy.

MEDICAL EXCUSES

- Parents may excuse students one time per semester up to 4 consecutive days with a written note. The note must indicate the specific number of days the student will be out. However, the student is still required to dress out.
- A doctor's note is required for excuses lasting more than 4 days.
- Any health problem which warrants nonparticipation beyond four days must be validated by the nurse or doctor.
- Students with medical excuses lasting 1 week or longer, will be assigned written work in order to meet class requirements.
- If the student must be excused from physical education for a longer period of time, they must present a doctor's excuse to the instructor and counselor. If this excuse lasts for more than four weeks, the student may be removed from PE and placed in an academic class by their counselor. The teacher, nurse and counselor will determine if the student will or will not remain in PE.

INJURIES

- If you are injured or do not feel well during class report it to your instructor immediately.
- You cannot go to the nurse's office without your instructor's permission. No student will be granted admission into the nurse's office without a note from their PE Coach.

ELECTRONIC DEVICES

Items such as cell phones, cameras, ipods, etc. are not allowed in PE. They will be confiscated and turned into the SRC office. Instructors are not responsible for lost or stolen items. All students should leave such items locked in their locker during PE. **Taking pictures in the locker room is strictly prohibited!! Students using Snapchat, twitter, Instagram, etc are prohibited anytime in PE.**

HOLDING THE LINE

Students must stay in the locker room until the passing bell rings. Consequences for leaving early will result in detention or referral to SRC for truancy.

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/team room will be closed at 3:00pm 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.

FOOD POLICY

No food, candy, gum or beverages are allowed in the locker room, gym or facilities. ***PE. and team lockers are not to be used to store lunches and books.***

MAKE-UP P.E.

All information is on the Reyburn PE Website

- 5 points are earned for each make-up period.
- No make-ups during last week of the semester.
- Student must dress out & participate to earn credit.
- Students are required to have their ID card
- Students are only allowed to earn 10 pts. Per 6 week grading period.
- A total of 30 pts per semester
- Fitness Room (M,W)– After School (1 Hr. 3-4pm) Zero per. (Fri) Coach B, Lunch Coach O (Thurs)

REYBURN

PHYSICAL EDUCATION STAFF

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LOCKER ROOM PROCEDURE

DO NOT RUN IN THE LOCKER ROOM!!!

Horse play, running, and fighting are strictly forbidden. Lockers are for clothes only and personal items. If your bag does not fit in your locker, there is a designated area (Bins) in the Locker room for your backpacks to be locked up. DO NOT LEAVE YOUR BAGS OUT!!!

Locker rooms are closed during class, break and lunch. Students will not be allowed to come in during those times to get items from their lockers or put them away.

Lockers are assigned for the school year to each student. Students are not allowed to switch lockers at all unless there is a specific circumstance that requires the PE coaches to move them to another locker. The lockers are school property and students are not allowed to personalize (writing, stickers, etc.) in any way. Personalizing a locker is considered vandalism and will be dealt with through administration.

Students must purchase or use a school lock. We have new locks available for \$6 and used locks for \$3. If for some reason a student cannot purchase a lock they need to see their PE Coach.

Do not reveal your combinations to anyone. Always check your lock before leaving by rolling the tumbler and pulling downward on the lock.

If a student is missing a lock or loses their lock they need to see a PE Coach in the office immediately, so the coach can help them with the situation. If the student cannot find the lock they will need to purchase another school lock, either a new lock for \$6 or used lock for \$3.

Showers are available, but you must bring your own towel. Also showers are only used during our swim unit.

ATHLETIC GAMEDAYS

Other than special circumstance, ***ALL*** athletes are required to dress out in their PE clothes and participate on game days.

They may not wear a school issued team athletic uniform to PE class in place of their PE clothes.

**PE Clothes are sold in the Locker rooms
by the PE Coaches all year:**

PE T-Shirt - \$12.00 PE Shorts - \$13.00
Locks - \$6.00 Total = \$31.00

Checks payable to Clovis Unified School District

LOCKER ROOMS ARE OFF LIMITS EXCEPT WHEN DRESSING FOR PHYSICAL EDUCATION

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