

DIRECTIVE STUDIES PHYSICAL EDUCATION **2009-2010 INFORMATION SHEET**

INSTRUCTORS: Mr. Orlich 327-2110 Tomorlich@cusd.com
Mr. McCarthy 327-2112 Bobmccarthy@cusd.com

PURPOSE:

Clovis West High School offers students who are deemed "Academically Impacted", the opportunity to receive Physical Education credit through a directed study program. "**Academically Impacted**" means one of the following:

1. 2 or 3 AP's, a full load (six classes), with no TA's or unscheduled classes.
2. 4 AP's with five (5) classes and a Teacher's Assistant or unscheduled period.
3. 1 AP, a full load (six classes) with special situation & special approval from Mr. McCarthy.
4. ROP/AVID waiver.

ENROLLMENT:

The student must meet the following criteria prior to enrollment:

- Must be a junior or senior (No exceptions, please.)
- Must have scored passing marks on the Calif. State Testing from March, 2008.
- Must pass the pre-testing conducted the first three (3) weeks of the semester.
- Students must have completed two (2) full years of core physical education.
- Students must have an "Academically Impacted" schedule.

GRADING:

All grades are Pass or Fail (No letter grades will be given.)

*Students who are dropped from Directive Studies MUST report the next Monday to regular (daily) Zero Period, or risk receiving a failing or incomplete semester grade.

*Students who are dropped or transfer from Directive Studies who receive a "Pass," and will have earned the equivalent of a "C" grade, defined as 75%. A "Fail" is considered 55%. This grade is passed on to your regular (daily) Zero Period instructor.

Anyone who switches to regular (daily) Zero Period will have their Directive Studies grade averaged with their Zero Period grade. This average will be your semester grade.

EXERCISE CONTRACT:

The exercise contract must be completed and signed by both you and your parent/guardian. **All contracts will be due on Tuesday, September 1, 2009.**

BEFORE SCHOOL (7:00 a.m. at the track) Failure to turn in your exercise contract on the above listed date will be considered your first warning or mistake. Remember, your second mistake is dismissal from this special class and a transfer to regular (daily) Zero Period on the following Monday morning. Zero Period begins at 6:45 a.m. sharp (Monday – Thursday) with 0 Period Teacher.

EMAIL COMMUNICATION:

All Directive Studies students are **required** to send their email to their instructor **NO LATER THAN Thursday, Aug. 27, 2009.** This will assist in improving communication between student and instructor. Please send a reply (with history) Whenever you receive an email from your instructor. Additionally, if you know you have a conflict (field trip), please let your instructor know. You are still responsible for turning in your log sheet **BEFORE** your trip!

Email; Tomorlich@cusd.com Bobmccarthy@cusd.com

FITNESS TESTING:

Your California State Fitness Testing dates will be conducted on **March 16-17, 2010** **PLEASE CLEAR YOUR CALENDAR NOW FOR THIS WEEK**. We will meet and start at 6:45am each morning ready to go. If you can pass all of your tests on the first day, you will have completed your testing. **Mile testing is scheduled for Tuesday, September 1, 2009. Makeups and those retesting will be conducted Wednesday September 2, 2009.** **Please plan ahead and leave those dates open! No excuses! Please understand anyone who fails these tests, (pre-test or State tests), or fails to complete all of the testing, will be out of Directive Studies Physical Education immediately.**

MEDICALS:

Any student on a medical who cannot take the Fitness Tests, must come in each Tuesday morning dressed and ready to go by 7:15 a.m. in the West Gym. We will work you out from 7:15 – 7:35 a.m. every **Tuesday** to help you in your area of weakness. If you have a self-pace Doctor's note for asthma, we will have you walk. **Failure to show up on Tuesday mornings will put you in regular Zero period after your second absence.** Listed below are the required Tuesday **morning** dates for all students on a medical waiver;. All students on a medical for running, (asthma, any other medical) will need to come and walk or jog run!! -----

PLEASE PAY CLOSE ATTENTION TO THESE IMPORTANT DATES!

EMAIL YOUR INSTRUCTOR NO LATER THAN Friday August 28, 2009

Wednesday Aug. 26, 2009 Mandatory Directive Studies Meeting at Lunch (Lecture Hall)

**Tuesday, Sept. 1, 2009 BOYS/GIRLS– Mile run - Meet at the track
7:00 a.m. sharp. EXERCISE CONTRACTS ARE DUE –
Bring them with you!**

**Wednesday, Sept. 2, 2009 BOYS/GIRLS– Mile run - Meet at the track-Make ups
7:00 a.m. sharp. EXERCISE CONTRACTS ARE DUE –
Bring them with you!**

Friday, Sept. 4, 2009 Incomplete Testing will result with names forwarded to counseling for Zero Period PE assignments. *Anyone who has not completed and/or failed the testing on or before 9/4/09 will be dropped from Directive Studies.

STATE TESTING- TUESDAY MARCH TBA, 6:45am at the Track.

<u>Tuesday Sept. 15,2009</u>	Log Sheet #1 due 7:20-7:50 West Gym/ Medicals Report
<u>Tuesday, Sept. 29, 2009</u>	Log Sheet #2 due 7:20-7:50 West Gym
<u>Tuesday, Oct. 13, 2009</u>	Log Sheet #3 due 7:20-7:50 West Gym
<u>Tuesday, Oct. 27, 2009</u>	Log Sheet #4 due 7:20-7:50 West Gym
<u>Tuesday, Nov. 10, 2009</u>	Log Sheet #5 due 7:20-7:50 West Gym
<u>Tuesday, Dec. 1, 2009</u>	Log Sheet #6 due 7:20-7:50 West Gym
<u>Tuesday, Dec. 15, 2009</u>	Log Sheet #7 due 7:20-7:50 West Gym
<u>Tuesday, Jan. 12, 2009</u>	Log Sheet #8 due 7:20-7:50 West Gym

LOG SHEETS:

Please remember you and your parent/guardian are to sign off on your workouts on the bi-monthly log sheets. Every two weeks you are to be timed in the mile run, 60-second sit up test, and record how many pull-ups (regular or modified) you can do. This is an integral part of your commitment to this class. No handwritten or sloppy log sheets will be accepted. These sheets are to be turned in every other Tuesday in the West Gym, starting with the first one due on Tuesday, Sept. 15, 2009 BEFORE SCHOOL. Turn-in times will be from 7:20-7:50 a.m. in the West Gym! **NO EXCUSES!** Please remember this is a class and these are mandatory turn-in times. Partner up or be in groups to remind each other to turn in your log sheets. Your responsibility is to turn in eight log sheets every two weeks throughout the semester, and pass your pre-test and State Fitness Tests to stay in the class and receive a passing grade.

PLEASE READ THE FOLLOWING IMPORTANT INFORMATION!!!

- **You must personally turn in your own log sheet on the dates listed on the schedule. Please submit your log sheets from 7:20-7:50 in the West Gym.**
- There will be **NO Excuses** to meeting these turn-in times and dates. **This means any meetings, make-up tests, will NOT be valid excuses.** Please plan ahead.
- **It is your responsibility to self report a missed log sheet, complete the form, AND send your instructor an email acknowledging your mistake.**
- **The first time you miss the deadline to submit your log sheet on time, you will then have to do a make-up on one of the next two Tuesday's before our next meeting.** Make-up times are at 7:15 a.m. sharp in the West Gym or at the tennis courts during lunch on **Tuesday's only**. Please be on time for make-ups or you will be turned away.
- **The second time you forget to turn in your log sheet or turn it in late, you will be out of the class.** You know you goofed up. Please do not come asking for a break or reprieve. **We expect you to see your counselor immediately, and you will start Zero Period P.E. the following Monday morning. It is your responsibility to tell your parents the same day you are dropped from Directive Studies.** If you do not wish to enroll in Zero Period and you are a junior, you may opt to take summer school P.E. Seniors must enroll in regular (daily) Zero Period. It is your responsibility to see your counselor and to be in class on the following Monday morning. Again, No Excuses! Each day you miss past that Monday, will be marked as class cuts.
- **If you are sick on the turn-in day, please have your parents sign the back of your log sheet indicating that you were sick and this will not count as a missed turn-in.** We expect you to turn in your log sheet (**In person, not to the teacher's box**) the day you return from your absence. We will then check with attendance to make sure you were absent all day and were cleared.
- If you are going on a field trip on a turn-in Tuesday, **please see us that morning before you leave, or you may put your log sheet in our box the day before, and write your instructor a note you will be absent tomorrow due to a field trip. If your log sheet is submitted before the field trip, this will not count as a missed or late log sheet.** We expect you are responsible enough to communicate with us and submit your log sheet prior to your field trip. **Any log sheet turned in after your field trip (the next day) will be considered a missed turn-in time.**
- If you happen to be on a complete medical for that 2-week period, we expect you to type a two-page report on any wellness/sport activity that you would like to write on. Please staple this to your log sheet, explaining you are on a medical. You must meet all the deadlines and submit this work on time.
- **Any student who submits a substandard log sheet will be required to do a make-up before the next log sheet turn-in date.** Please maintain high standards in all Directive Studies endeavors. Check for accuracy, parent signature, and correct dates!

DIRECTIVE STUDIES

WARNING NOTICE

**Students are expected to self-report with this form and it is mandatory you send your instructor an email within 24 hours with appropriate explanation.

Name: _____ Date: _____

- _____ Forget to turn in log sheet!
- _____ Turned in log sheet late!
- _____ Have not turned in your exercise contract!
- _____ Have not completed your testing!

Please know that you now have received your first warning. This means you now have to complete a make-up before the next log sheet turn-in deadline. If you complete this make-up by the deadline, you are cleared to stay in the class. If you fail to complete your make-up by the following log sheet turn-in deadline, this will be your second warning and you will be dropped from the class.

Please know that after you complete your make-up, you are allowed to stay in the class. The next time you turn-in your log sheet after the Thursday a.m. deadline, this will lead to your dismissal from Directive Studies Physical Education class. You will be enrolled in regular (daily) Zero period or may opt for summer school.

Please inform your parents of your situation in Directive Studies. Should you need to contact me, please feel free stop by the Office of Physical Education, or send an email to Bobmccarthy@cusd.com or Tomorlich@cusd.com **Please sign this warning notice, and return this to me at your earliest convenience. Thank you.

Student Name (Print): _____ Date: _____

Student Signature _____ Date: _____

SECOND SEMESTER IMPORTANT DATES

EMAIL YOUR INSTRUCTOR NO LATER THAN 1/28/10

Wednesday Jan. 27, 2010 Mandatory Directive Studies Meeting at Lunch Lecture Hall

Tuesday, Feb 2, 2010 BOYS/GIRLS Pre-State Testing – Mile run - Meet at the track

7:00 a.m. sharp. EXERCISE CONTRACTS ARE DUE – Bring them with you!

Wednesday, Feb. 3, 2010 Makeups BOYS/GIRLS Pre-State Testing – Mile run - Meet at the track 7:00 a.m. sharp. EXERCISE CONTRACTS ARE DUE – Bring them with you!

Friday, Feb 5, 2010 Incomplete Testing will result with names forwarded to counseling for 0 Period PE assignments. *Anyone who has not completed and/or failed the testing will be dropped from Directive Studies.

NO EXCUSES/NO EXCEPTIONS.

Tues., Feb. 9, 2010 Log Sheet #1 due 7:20-7:50 West Gym/ Medicals Report

Tuesday, Feb. 23, 2010 Log Sheet #2 due 7:20-7:50 West Gym

STATE TESTING TUESDAY/WEDNESDAY MARCH 16-17 2010 6:45am @ TRACK

Tuesday, March 9, 2010 Log Sheet #3 due 7:20-7:50 West Gym

Tuesday, March 23, 2010 Log Sheet #4 due 7:20-7:50 West Gym

Tuesday, April 6, 2010 Log Sheet #5 due 7:20-7:50 West Gym

Tuesday April 20 , 2010 Log Sheet #6 due 7:20-7:50 West Gym

Tuesday, May 4, 2010 Log Sheet #7 due 7:20-7:50 West Gym

Tuesday, May 18, 2010 Log Sheet #8 due 7:20-7:50 West Gym

LOG SHEETS:

Please remember you and your parent/guardian are to sign off on your workouts on the bi-monthly log sheets. Every two weeks you are to be timed in the mile run, 60-second sit up test, and record how many pull-ups (regular or modified) you can do. This is an integral part of your commitment to this class. No handwritten or sloppy log sheets will be accepted. These sheets are to be turned in every other Thursday in the West Gym, starting with the first one due on Thursday, Feb. 11, 2010 BEFORE SCHOOL. Turn-in times will be from 7:20-7:50 a.m. in the West Gym! **NO EXCUSES!** Please remember this is a class and these are mandatory turn-in times. Partner up or be in groups to remind each other to turn in your log sheets. Your responsibility is to turn in eight log sheets every two weeks throughout the semester, and pass your pre-test and State Fitness Tests to stay in the class and receive a passing grade.

PLEASE READ THE FOLLOWING IMPORTANT INFORMATION!!!

- You must personally turn in your own log sheet on the dates listed on the schedule. Please submit your log sheets from 7:20-7:50 in the West Gym.
- There will be NO Excuses to meeting these turn-in times and dates. This means any meetings, make-up tests, will NOT be valid excuses. Please plan ahead.

Directive Studies Physical Education
LOG SHEET# _____

Student _____

Teacher _____

*All Directive Studies students are REQUIRED to complete a mile run for time, and modified pull-ups EVERY two weeks. You are expected to complete three (3) hours per week of cardiovascular exercise. No more than one (1) hour on any single day!

Week of _____

<i>Day of the Week</i>	<i>Activity</i>	<i>Duration</i>
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Monday	_____	_____
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Tues.	_____	_____
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Weds.	_____	_____
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Thurs.	_____	_____
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Fri.	_____	_____
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Sat.	_____	_____
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Sunday	_____	_____
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TOTAL HOURS: _____

Week of _____

<i>Day of the Week</i>	<i>Activity</i>	<i>Duration</i>
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Monday	_____	_____
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Tues.	_____	_____
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Weds.	_____	_____
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Thurs.	_____	_____
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Fri.	_____	_____
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Sat.	_____	_____
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Sunday	_____	_____
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TOTAL HOURS: _____

My self-test mile time was: _____ score: _____

I certify my son/daughter completed the above physical education activities, and self-tested the mile run/pull-ups during the past two weeks.

Supervisor's Signature _____

Student Signature _____

P.E. DIRECTIVE STUDY EXERCISE CONTRACT

NAME _____ GRADE _____
COUNSELOR _____ CLUSTER _____
SUPERVISOR _____
RELATIONSHIP _____
HOME PHONE _____ WORK PHONE _____

I PLAN ON EXERCISING A MINIMUM OF 3 HOURS PER WEEK. I WILL DO THE FOLLOWING WORKOUT:

(WHAT DAYS?) _____

(TIME OF DAY?) _____

(LOCATION?) _____

(DURATION?) _____

I, _____ (Supervisor) will diligently monitor the progress of the above student to ensure he or she fulfills this contract. **THIS INCLUDES MONITORING THE MILE, 60 SECOND SIT-UPS, AND PULL-UPS EACH TWO WEEK PERIOD! My student and I have both read and understand the complete Directive Study P.E. Information Packet and all of its information and rules.**

SUPERVISOR SIGNATURE: _____

STUDENT SIGNATURE: _____

FAILURE TO DO YOUR MILE, 60 SECOND SIT-UPS, AND PULL-UPS EACH 2 WEEK PERIOD, WILL RESULT IN BEING DROPPED FROM THIS CLASS!