

# **DIRECTIVE STUDIES PHYSICAL EDUCATION**

## **2016-2017 INFORMATION SHEET**

**INSTRUCTORS:** Peggy Rigby [peggyrigby@cusd.com](mailto:peggyrigby@cusd.com) 327-2104. Vance Walberg [vancewalberg@cusd.com](mailto:vancewalberg@cusd.com) 327-2110

**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 . 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, 2016.
- 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, August 30, **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 3rd 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 Friday, Aug. 26.** This will assist in improving communication between student and instructor. Include your name in the subject line. Please send a reply (with history) when 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 addresses: [peggyrigby@cusd.com](mailto:peggyrigby@cusd.com) [vancewalberg@cusd.com](mailto:vancewalberg@cusd.com)

### **FITNESS TESTING:**

Your California State Fitness Testing dates will be conducted on **March 28-29, 2017.** **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, August 30, 2016.** Makeups and those retesting will be conducted **Wednesday August 31 , 2016.** 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 Thursday morning dressed and ready to go by 7:30 a.m. in the West Gym (Fitness Center). You will work out from 7:30 – 8:00 a.m. every Thursday to help you in your area of weakness. If you have a self-pace Doctor's note for asthma, you will walk. Failure to show up on Thursday mornings will put you in regular Zero period after your second absence. Listed below are the required Thursday morning dates for all students on a medical waiver; All students on a medical for running, (asthma, or other) will need to report and either walk or jog !! -----

**PLEASE PAY CLOSE ATTENTION TO THESE IMPORTANT DATES!**

**EMAIL YOUR INSTRUCTOR NO LATER THAN Friday August 26, 2016**

**Wednesday Aug. 24, 2016 Mandatory Directive Studies Meeting at Lunch (Lecture Hall)**

**Tuesday, August 30, 2016 BOYS/GIRLS– Mile run - Meet at the track 7:00 a.m. sharp.  
EXERCISE CONTRACTS ARE DUE – Bring them with you!**

**Wednesday, August 31, 2016 BOYS/GIRLS– Mile run - Meet at the track-Make-ups 7:00 a.m. sharp. EXERCISE CONTRACTS ARE DUE – Bring them with you!**

**Friday, September 2, 2016 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 8/30/16 will be dropped from Directive Studies.**

**STATE TESTING- TUESDAY MARCH 28-29, 2017, 6:45am at the Track.**

### **LOG SHEETS:**

**Thursday Sept. 8th & 22nd Log Sheet #1/#2 due 7:40-8:05 West Gym/ Medicals Report**

**Thursday, Oct 8th & 20th Log Sheet #3/#4 due 7:40-8:05 West Gym/Medicals Report**

**Thursday, Nov. 3rd & 17th Log Sheet #5/#6 due 7:40-8:05 West Gym/Medicals Report**

**Thursday, Dec 1st & 15th Log Sheet #8 due 7:40-8:05 West Gym/Medicals Report**

**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 by you personally. The first log sheet is due on Thursday, Sept. 8th BEFORE SCHOOL. Turn-in times will be from 7:30-8:05 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 7:30-8:05 in the West Gym.
- There will be NO Excuses to missing 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 the next Thursday before our next meeting. Make-up times are at 7:30 a.m. sharp in the West Gym. Thursday's only. Please be on time for make-ups or you will be turned away.**

- The 3rd 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. You will be marked absent if you do not report to a requested meeting time.**

- If you are going on a field trip on a turn-in Thursday, 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 research. 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 the exercise contract! \_\_\_\_ Have not completed 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 and turn in your late log sheet 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

Please know that after you complete your make-up, you are allowed to stay in the class. The 3<sup>rd</sup> 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 [Peggyrigby@cusd.com](mailto:Peggyrigby@cusd.com) or [vancewalberg@cusd.com](mailto:vancewalberg@cusd.com) \*\*Please sign this warning notice, and immediately return this to your instructor. Thank you.

Student Name (Print): \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature \_\_\_\_\_ Date: \_\_\_\_\_

**SECOND SEMESTER IMPORTANT DATES -----2017-----**

**Mandatory Directive Studies Meeting at Lunch Lecture Hall Wednesday, Jan 11, 2017.**

**New Students email YOUR INSTRUCTOR NO LATER THAN Jan 13, 2017.**

**Tues Jan 17 Pre-State Testing – Mile run - Meet at the track 7:00 a.m. sharp. EXERCISE CONTRACTS ARE DUE – Bring them with you!**

**Wed, Jan 18, Make ups Pre-State Testing – Mile run - Meet at the track 7:00 a.m. sharp. EXERCISE CONTRACTS ARE DUE for new students – Bring them with you!**

**Friday, Jan 20 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.**

**Thursday Jan 26th Log Sheet #1 due 7:40-8:10 West Gym/ Medicals Report**

**Thursday, Feb 9th & 23rd Log Sheet #2/#3 due 7:40-8:05 West Gym/Medicals Report**

**Thursday, Mar 9th & 23rd Log Sheet #4/#5 due 7:40-8:05 West Gym/Medicals Report**

**Thursday, April 6th & 27th Log Sheet #6/#7 due 7:40-8:05 West Gym/Medicals Report**

**Thursday, May 11th & 25<sup>th</sup> Log Sheet #8/#9 due 7:40-8:05 West Gym/Medicals Report**

**STATE TESTING TUESDAY/WEDNESDAY MARCH 28-29 6:45am @ TRACK**

**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, 2016 BEFORE SCHOOL. Turn-in times will be from 7:40-8:05 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 7:40-8:05 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 \_\_\_\_\_ Day of the Week Activity Duration

Monday \_\_\_\_\_

Tues. \_\_\_\_\_

Weds. \_\_\_\_\_

Thurs. \_\_\_\_\_

Fri. \_\_\_\_\_

Sat. \_\_\_\_\_

Sunday \_\_\_\_\_

TOTAL HOURS: \_\_\_\_\_ Week of

\_\_\_\_\_ Day of the Week Activity Duration

Monday \_\_\_\_\_

Tues. \_\_\_\_\_

Weds. \_\_\_\_\_

Thurs. \_\_\_\_\_

Fri. \_\_\_\_\_

Sat. \_\_\_\_\_

Sunday \_\_\_\_\_

TOTAL HOURS: \_\_\_\_\_

My self-test mile time was: \_\_\_\_\_ 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 \_\_\_\_\_