



CLOVIS WEST HIGH SCHOOL

# PHYSICAL EDUCATION HANDBOOK

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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.

### CORE A Activities

- Aquatics
- Fitness/Wellness
- Gymnastics
- Individual/Team Sports

### Core B Activities

- Aquatics
- Fitness/Wellness
- Dance
- Individual/Team Sports

### 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. Students who no longer meet the requirements of the class, may be transferred to a regular P.E. class at any time.

- Aquatics
- Baseball/Softball
- Basketball
- Cross Country/Track
- Football
- Soccer
- Tennis/Badinton
- Volleyball
- Pep & Cheer

### ELECTIVE

### ALTERNATIVES\*

- Cross-Age Tutoring
- Directive Studies
- Dance
- Marching Band/PE
- Team Sports
- Folklorico



### PHYSICAL EDUCATION EXPECTATIONS

- Students will be on time to class and properly dress for class.
- Students will not bring their phones or ear buds to class.
- Students will actively participate daily in activities.
- Students will participate to the best of their ability daily.

\* Jrs and Srs 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

### Unit Grading

- 60 Points Daily Participation/Attendance
- 20 Points Mile Run/ Fitness
- 10 Points Skills/Character Points
- 10 Points Written Test

### Point Breakdown

- Equipment/Exercise Leader ..... + 5 points
- No Marks for a Unit ..... + 5 points
- 1 absence for a Unit ..... + 3 points
- 1 Make Up..... + 3 points
- Daily participation ..... + 3 points
- Unexcused Tardy..... - 2 points
- Incomplete Uniform\*.....-1 point
- Non-participation\* ..... - 3 points
- Misconduct..... - 5 points
- Non-Dress\* ..... - 5 points
- Truancy\* ..... - 5 points
- Line Cut ..... - 5 points

\* *If occurs on a block day, points are doubled.*

### Grading Scale

Unit Total	1st Semester	2nd Semester
A= 90-100	360-400	450-500
B = 80-89	320-359	400-449
C = 70-79	280-319	350-399
D = 60-69	240-279	300-349
F = 0 - 59	0 - 239	0 - 299

## *Mile Run Scale*

### Boys

### Girls

15 pts	7+ minutes	15 pts	9 + minutes
12 pts	7:01-7:30	12 pts	9:01-9:30
9 pts	7:31-8:00	9 pts	9:31-10:00
6 pts	8:01-8:30	6 pts	10:01-10:30
3 pts	8:31-9:00	3 pts	10:31-11:00
0 pts.	9 :01 +	0 pts.	11:01 +



## UNIFORM REQUIREMENTS

Clovis West students enrolled in Physical Education are required to wear appropriate P.E. attire. Such attire may be purchased at the Clovis West student store.

The uniform being sold by the site contains the name/logo of Clovis West. Students, however, are not required to purchase a P.E. uniform from Clovis West. If students choose not to purchase a P.E. uniform from Clovis West, students are to **wear solid black shorts and ash gray shirt.**

If a student cannot afford to purchase a standard P.E. uniform, the student or parents should contact the Department Chair. For such students, Clovis West will provide a previously used uniform, which has been cleaned by the Clovis West staff. This uniform must be returned, in good shape, to Clovis West at the end of the school year. If the uniform is not returned, the student will be charged for the direct cost of the P.E. uniform.

*Sweats are required to be either gray or black.*

- **Shorts:** must have a 5 inch inseam.
- **Shirts:** V neck shirts are not acceptable
- **Socks:** Required for activity
- **Shoes:** Athletic type shoes with laces and backs.
- Ripped, torn, frayed or defaced uniforms will be required to be replaced or repaired.
- **Yoga pants** must be black with no mesh inserts.

## PHYSICAL EDUCATION ELECTRONIC DEVICE POLICY

*All electronic devices, including Ear Buds, are not allowed to be used during class at any time.*

## MAKE-UPS P.E.

- Make-up are held on Thursdays from 7:15-7:45 a.m. in the Fitness Center.
- After school Fitness Center: Mon., Tues., Wed., 3 - 4:30 p.m.
- Students have 2 weeks to make up lost points.
- 3 points are earned for each make-up period.
- No make-ups during last week of the semester.
- Students are allowed a maximum of 3 make-ups per unit.

"Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice." Wayne Dyer

## TARDIES

- 2 points 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.

## 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 not permitted.

## INJURIES

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

## ABSENCES & NON-DRESS POLICY

*Students who are absent will not receive their 3 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.

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

*“Gold medals aren't really made of gold.  
They're made of sweat, determination, and  
hard-to-find alloy called guts.”*

Dan Gable

## LOCKER ROOM PROCEDURES

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

- Students are **WARNED** to be careful that they are not observed while using their combination or to share their 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.
- Students are **WARNED** not to leave their backpacks unattended in the locker rooms or gyms.
- The locker rooms are **off limits** during class time and lunch and after school.
- **P.E. and team lockers are not to be used to store lunches and books.**
- No food or glass are permitted in the locker room.

## LOST & FOUND/THEFTS

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

## HOLDING THE LINE

Students must stay behind the red line until the passing bell. Students who cross the red line 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.
- Students are only allowed in locker rooms before and after their assigned P.E. 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 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.*

**P.E. GRADUATION REQUIREMENTS  
and  
OPTIONS**

**CORE REQUIREMENTS**

- Complete 4 semesters of State mandated Physical Education (Freshman/Sophomore).
- Complete 4 semesters of elective Physical Education (Junior/Senior).

**DIRECTIVE STUDIES/ACADEMICALLY IMPACTED SCHEDULE (Jr. & Sr.)**

- Complete 4 semesters of State mandated Physical Education (Freshman/Sophomore).
- Complete 4 semesters of P.E. during summer school.
- Directive Studies during the school year. Students must meet and maintain required program standards.

**INTEGRATED CORE**

- Concurrently core Physical Education with weights or Pep and Cheer for 8 semesters.

**C.T.E./C.A.R.T.**

- Complete 4 semesters of State mandated Physical Education (Freshman/Sophomore)
- P.E. waiver when enrolled in CTE or C.A.R.T. off campus

**FITNESS CENTER**

The Clovis West 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.



**PHYSICAL EDUCATION STAFF**

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**ATHLETIC GAME DAYS**

Other than special circumstance, *all* athletes are required to dress out and participate in physical education.

**ESSENTIAL AGREEMENTS**

- We AGREE that each student will learn and demonstrate a minimum of 70% proficiency on essential assessments. We will provide the appropriate learning conditions with the necessary support for each student to reach this goal.
- We AGREE that each student will be able to demonstrate content proficiency in each subject area through writing.
- We AGREE to communicate with students and parents in a timely and meaningful manner concerning student progress. At a minimum, this communication will take the form of Zangle updates every four weeks.
- We AGREE to create a culture that celebrates student academic success.

*“Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place, If I quit, however, it lasts forever.”*

Lance Armstrong

*“You’re never a loser until you quit trying.”*

Mike Ditka