



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

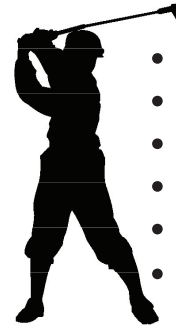
- Aquatics
- Fitness/Wellness
- Dance
- Individual/Team Sports

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 obtain 2 non-dresses in a semester will be transferred to a regular P.E. class.

- Aquatics
- Baseball/Softball
- Basketball
- Cross Country/Track
- Football
- Soccer
- Tennis/Badminton
- 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 and properly dressed to class.
- Students will not bring their phones or ear buds to class.
- Students will actively participate in daily activities.
- Students will participate to the best of their ability daily.
- Hoods and hats are not allowed indoors.

* 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
- 10 Points Written Test/Character Points

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



If I can not do great things, then I can do small things in a great way.

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 and Phones are not allowed 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.

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 for 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 P.E. 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.

"You can not live a perfect day without doing something for someone who will never be able to repay you."

John Wooden

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 before school, during class time, 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 loss or theft of items that are restricted from campus.
- Securing personal property is the responsibility of the student.
- Do not to leave their backpacks unattended in the locker rooms or gyms. *This is the main cause of theft.*

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 before school, 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 for the purpose of dressing for P.E.
- P.E. lockers are solely for the purpose of keeping P.E. clothes and are not to be used to store books or food.
- *Teachers will not open locker rooms during class for students to get their books from lockers.*

LOCKER ROOMS ARE OFF LIMITS AT ALL TIME, 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.

“There is nothing so rewarding as to make people realize they are worthwhile! You can not do kindness too soon because you never know how soon it will be too late.”

Ralph Waldo Emerson