

CLOVIS WEST DIRECTIVE STUDIES P.E.
2019-20 INFORMATION SHEET

INSTRUCTORS: Rich Parris – richardparris@cusd.com 327-2216
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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, 2019.
- 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 Wednesday, August 28th, 2019, 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. 23rd. This will assist in improving communication between student and instructor. Include your name in the subject line. 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 addresses: richardparris@cusd.com vancewalberg@cusd.com

FITNESS PRE-TESTING:

Mile testing is scheduled for Wednesday, August 28th, 2019 for 7am on the track. Make-up for this will be Thursday morning, August 29th at 7am. 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.**

FITNESS STATE TESTING:

Your California State Fitness Testing dates will be conducted on (Tuesday & Wednesday) March 17th & 18th, 2020. **Please clear your calendar now for this week.** We will meet and start at 6:30am each morning ready to go. If you can pass all of your tests on the first day, you will have completed your testing.

MEDICALS:

Any student on a medical who cannot take the Fitness Tests, must come in each & every Thursday morning dressed and ready to go by 7:15 a.m. in the West Gym (Fitness Center). You will work out from 7:15 – 7:45 a.m. **every** Thursday to help you in your area of weakness. **Please check-in with Coach Walberg before you begin so you can get credit.** 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. 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!

1. Wednesday, August 21st will be mandatory Directive Studies meeting at Lunch in the Lecture Hall.
2. **EMAIL YOUR INSTRUCTOR** that day at lunch with your email and name.
3. Wednesday, August 28th, 2019 - BOYS/GIRLS have Mile run - Meet at the track 7:00 a.m. sharp.
4. ***Exercise Contracts are due*** also on that day, Wednesday, August 28th at the track.
5. Make-ups for Mile run will meet at track at 7am on Thursday, August 29th.
6. Friday, August 30th, will result with names forwarded to counseling for Zero Period PE for those who failed to take the mile run or who failed the mile run. *Remember anyone who has not completed and/or failed the testing on or before August 29th, will be dropped from Directive Studies.
7. State Testing will be Tuesday/Wednesday, March 17th & 18th, 2018 at 6:30am on the track.

LOG SHEETS TURN-IN DATES!

1st Semester:

Thursday September 12 th	Log Sheet #1	By 7:00-8:05	West Gym / Medicals Report
Thursday September 26 th	Log Sheet #2	By 7:00-8:05	West Gym / Medicals Report
Thursday, October 10 th	Log Sheet #3	By 7:00-8:05	West Gym / Medicals Report
Thursday, October 24 th	Log Sheet #4	By 7:00-8:05	West Gym / Medicals Report
Thursday, November 7 th	Log Sheet #5	By 7:00-8:05	West Gym / Medicals Report
Thursday, November 21 st	Log Sheet #6	By 7:00-8:05	West Gym / Medicals Report
Thursday, November 12 th	Log Sheet #7	By 7:00-8:05	West Gym / Medicals Report

LOG SHEET INFORMATION

- Please remember you and your parent/guardian are to sign off on your workouts on the bi-weekly log sheets.
- Every two weeks you are to be timed in the mile run, 60-second sit up test, and modified pull-ups. **This is a Must and must be recorded also!** 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 before 8:05am.**
- 1st Log sheet is due Thursday, September 12th before school. Turn in times will be from 7-8:05am.
- Please remember this is a class and these are mandatory turn-in times. **No Excuses!**
- Partner up or be in groups to remind each other to turn in your log sheets. Your responsibility is to turn in log sheets every two weeks throughout each semester, and pass your pre-test and State Fitness Tests to stay in the class and receive a passing grade.
- You **must personally** turn in your own log sheet on the dates listed on the schedule.
- 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. **Warning Notice must be turned in immediately if you missed a turn-in date!**
- 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 between 6:30-7:45am. Anyone entering the Fitness room after 7:15 will not be allowed to do their make-up!
- **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 and the instructor will also make a follow-up phone call. 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 email 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, 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 us, please feel free stop by the Office of Physical Education, or send an email to richardparris@cusd.com or vancewalberg@cusd.com **Please sign this warning notice, and immediately return this to your instructor. Thank you.

Student Name (Print): _____ Date: _____

Student Signature _____ Date: _____

2nd Semester Important Dates

PLEASE PAY CLOSE ATTENTION TO THESE IMPORTANT DATES!

1. Wednesday, January 8th, will be mandatory Directive Studies meeting at Lunch in the Lecture Hall.
2. EMAIL YOUR INSTRUCTOR NO LATER THAN Friday, January 10th if you are a new student.
3. Wednesday, January 15th, 2020 - BOYS/GIRLS have Mile run - Meet at the track 7:00 a.m. sharp.
4. *Exercise Contracts are due* also on Wednesday, January 15th at the track.
5. Make-ups for Mile run will meet at track at 7am, Thursday, January 16th.
6. Friday, January 17th, will result with names forwarded to counseling for Zero Period PE for those who failed to take the mile run or who failed the mile run..
*Remember anyone who has not completed and/or failed the testing will be dropped from Directive Studies.
7. State Testing will be Tuesday/Wednesday March 17th & 18th, 2020 at 6:30am on the track.

LOG SHEETS TURN-IN DATES!

2nd Semester:

Thursday, January 30 th	Log Sheet #1	By 7:00-8:05	West Gym / Medicals Report
Thursday, February 13 th	Log Sheet #2	By 7:00-8:05	West Gym / Medicals Report
Thursday, February 27 th	Log Sheet #3	By 7:00-8:05	West Gym / Medicals Report
Thursday, March 12 th	Log Sheet #4	By 7:00-8:05	West Gym / Medicals Report
Thursday, March 26 th	Log Sheet #5	By 7:00-8:05	West Gym / Medicals Report
Thursday, April 16 th	Log Sheet #6	By 7:00-8:05	West Gym / Medicals Report
Thursday, April 30 th	Log Sheet #7	By 7:00-8:05	West Gym / Medicals Report
Thursday, May 14 th	Log Sheet #8	By 7:00-8:05	West Gym / Medicals Report

Directive Studies Physical Education

LOG SHEET# _____ Student _____

Teacher _____

*All Directive Studies students are REQUIRED to complete a mile run for time, 60 second sit-up test, and modified pull-ups EVERY two weeks. You are required to complete three (3) hours per week of cardiovascular exercise. No more than one (1) hour on any single day!

Week of _____
Monday _____
Tuesday _____
Wednesday _____
Thursday _____
Friday _____
Saturday _____
Sunday _____
Total Hours _____

Week of _____
Monday _____
Tuesday _____
Wednesday _____
Thursday _____
Friday _____
Saturday _____
Sunday _____
Total Hours _____

My self-test mile time was _____. My self-test 60 seconds sit-up test was _____.
My self-test mile modified pull-ups was _____.

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

Supervisor's Signature _____

Student Signature _____