

CLOVIS WEST DIRECTIVE STUDIES P.E.

2023-24 INFORMATION SHEET

INSTRUCTORS: Vance Walberg - vancewalberg@cusd.com 327-2098
Neil Castro – neilcastro@cusd.com 327-2113

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 in the Mile (7:30 Boys / 10:00 Girls)**
- Must complete 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 by Sunday, September 3rd, 2023 in your teacher’s goggle classroom box. Please make sure this is completed on time as we will have to drop you into 0 period P.E. if not completed.** Remember you have earned the privilege of being in this class and you must make sure you do what is expected and done on time.

EMAIL COMMUNICATION:

All Directive Studies students are required to send their email to your Coach at our 1st meeting, which is Thursday, August 24th at the beginning of lunch. This will assist in improving communication between student and instructor. Include your name in the subject line and I would prefer your personal email that you look at each day.

Coach Walberg’s Email address: vancewalberg@cusd.com
Coach Castro’s Email address: neilcastro@cusd.com

FITNESS PRE-TESTING:

Please understand your Fitness Pre-Testing will be done by your supervisor and yourself. On the Directive Studies Exercise Contract, you will need to put your scores down for the mile, 60 second sit-ups, and the number of push-ups (regular or modified) that you can do in a row. Boys should be 7:30 and under for the mile while girls are to be under 10 minutes. Please put what your exact time is for the mile as we are trusting you. If you do not make your mile time, we will put you on a routine to help you get there. Normally if you did not make your time, you would be put into Zero period P.E. right away. Due to the Covid-19 we know you may not be there now, but we want you to make it by the end of the semester. If you make the mile time now you can do whatever workout or activities you want and if you don't make the mile time, we will put you on a weekly routine for part of your workout. **We will pre-test you on Wednesday morning, September 20th at 7:30 am at the track. Please plan ahead for this as we want to see where you are at. No excuses...you must be there that morning!**

FITNESS STATE TESTING:

State Testing for Physical Fitness will be Wednesday morning, March 20th, at 6:30 am. We will meet in the Gym that morning and knock out all PFT's that morning. **Please plan ahead as this is one of the few days throughout the year that is mandatory!!!**

MEDICALS:

Any student on a medical who cannot take the Fitness Tests will be put on a workout designed by Coach Walberg. **You will also be expected to be here every Wednesday & Friday morning for make-ups starting at 7:25 in the gym with Coach Walberg.** Remember we will need to have your medical excuse on file, or you will be expected to do what everyone else does. All students on a medical for running, (asthma, any other medical) will have an alternative workout and will have to show up every Wednesday to be in this class.

PLEASE PAY CLOSE ATTENTION TO THESE IMPORTANT DATES!

1. Thursday, August 24th at lunch will be mandatory Directive Studies meeting in the Lecture Hall.
2. **EMAIL YOUR INSTRUCTOR** that day with your email and name at the meeting.
3. **Sunday, September 3rd, 2023 Exercise Contracts are due!**
4. Tuesday, September 5th students who did not turn in Exercise Contracts will be put into Zero Period PE.
5. Please follow the Log Sheet turn-in dates below. You can always turn your log sheets in early.
6. **Wednesday, September 20th, 7:30 am on track for Mile run.**
7. **Final Testing on the Mile will be the Wednesday, December 13th, at 7:30 am on the Track. This is where we will see your improvement from throughout the semester.**

LOG SHEETS TURN-IN DATES!

1st Semester:

Sunday, September 17 th	Log Sheet #1	By 11:59 PM	Goggle Classroom
Sunday, October 1 st	Log Sheet #2	By 11:59 PM	Goggle Classroom
Sunday, October 15 th	Log Sheet #3	By 11:59 PM	Goggle Classroom
Sunday, October 29 th	Log Sheet #4	By 11:59 PM	Goggle Classroom
Sunday, November 12 th	Log Sheet #5	By 11:59 PM	Goggle Classroom
Sunday, December 3 rd	Log Sheet #6	By 11:59 PM	Goggle Classroom
Sunday, December 17 th	Log Sheet #7	By 11:59 PM	Goggle Classroom

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/regular push-ups. **This is a Must and must be recorded also!** This is an integral part of your commitment to this class.
- **These sheets are to be turned in every other Sunday through Goggle classroom before 9:00 pm.**
- 1st Log sheet is due Sunday, September 17th by 11:59pm.
- 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 on time. You can turn them in that Friday before each Sunday once you are done with your workouts.
- There will be **NO EXCUSES** to missing these turn-in times and dates. **Your 1st time being late will result in a 30-minute make-up workout on that following Wednesday morning at 7:25 am with Coach Walberg in the Big gym. The 2nd time you will be dropped from the class.** Please plan ahead!
- *If you miss turning in a log sheet or **turn it in late**, it is your responsibility to email your Coach about your little goof up and be at the make-up that following Wednesday. If you fail to email your Coach or fail to show up for that make-up, it will then double and you will have to show up the next 2 Wednesday mornings. **Be responsible please!!!***
- **Again, 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 will call your counselor immediately, and you will start Zero Period P.E. 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, you can still turn in your log sheet. Remember, you are turning them in through email. We want to take every excuse away. **All we ask is that you communicate with us as we want to help you.***
- Any questions at all please feel free to call Coach Walberg at school 327-2098, or on my cell (930-1778) or email me. I am usually in my office in the Big gym each morning by 5:30 am so you can usually find me somewhere in the gym.