

BUCHANAN HIGH SCHOOL

PHYSICAL EDUCATION HANDBOOK

VOLUME 26, 2016-2017 • 1560 MINNEWAWA, CLOVIS, CALIFORNIA 93619 • CLOVIS UNIFIED SCHOOL DISTRICT

PURPOSE

The purpose of this handbook is to acquaint you with the procedures and regulations that will help you to do a better job during your course of physical education.

OBJECTIVE

1. To achieve a CUSD healthy fitness score. Demonstrating cardio/respiratory endurance, muscular strength, muscular endurance, flexibility, and appropriate body composition by scoring in the healthy fitness zones on all five components of the
2. To develop an understanding of rules, concepts, and strategies of various physical activities and sports that include individual, group, and fitness experience.
3. To develop physical and social skills that allow personal fulfillment in leisure time.
3. To establish a foundation and develop an awareness of the importance of physical well-being.
4. To be receptive to cultural differences of the population.
5. To provide participation in a wide variety of physical activities and sports in order to identify areas of enjoyment and benefit.

CURRICULUM

1. The Clovis Unified School District requires that all high school students successfully complete four semesters of comprehensive core physical education and four semesters of elective physical education.
2. The curricular areas of participation and study as outlined in the California Department of Education Physical Education Framework include:
 - Fitness/Walking
 - Outdoor Education
 - Gymnastics/Tumbling
 - Aquatics
 - Electives
 - Team Sports

TARDIES

- Individual/Dual Sports

Tardies will result in discipline with Student Services as well as adversely affecting your grade status. Locker room doors will be locked once the tar-

GRADING

dy bell rings for the duration of class activity.

PERCENTAGE OF POINTS EARNED

90	-	100	=	A
80	-	89	=	B
70	-	79	=	C
60	-	69	=	D
59	-	below	=	F

Dress and Daily Participation
Skill and/or Written Test
Weekly Fitness Assessment

Students earn points daily toward their unit and semester grade by:

1. Being on time and in correct attire (Students must be in proper shirt, shorts, shoes and sweats to receive dress-out points) (30%)
2. Active participation and effort during the entire class period (40%).
3. Skill and knowledge acquisition (20%).
4. Physical Assessment Testing (10%).

MAKE-UP POLICY

In general, daily points are earned by meeting all responsibilities during the entire physical education period.

Make-up P.E. will be provided during 5th period Mon-Th (Lunch) for those students wishing to make-up excused absences. A student must be fully dressed out in proper attire and bring their ID card to meet behind the boys' locker room in order to participate in make-up PE. Each make-up PE day constitutes one hour's worth of points. Excused absences can be made up throughout the semester in accordance with CUSD policy. **Unexcused absences cannot be made up.**

Any student who scores 4 points or below for any CUSD Fitness Test, may retake the test for a maximum 6 points as long as they score in that point range (see PFT grading scale on last page).

PHYSICAL EDUCATION ATTIRE

Buchanan High students enrolled in physical education are required to wear appropriate physical education attire. This attire consists of the following for all P.E. classes and periods:

Shorts— Navy Blue Buchanan P.E. Shorts or Solid Navy Blue (no pockets and no other color on shorts)

Shoes—Any athletic shoes

Shirt— White Buchanan P.E. shirt, PE Bear Strong shirt, or Plain white no writing or additional color on shirt.

If students choose to wear sweat tops and/or sweat bottoms, they must be:

- Plain Grey or any color with Buchanan represented on them
- Sweat tops & bottoms must be plain grey or representing Buchanan
- Leggings/Long-sleeve shirts under P.E. clothes are also acceptable

Buchanan PE clothes may be purchased in the locker room offices:

Donation Checks made payable to CUSD

*This includes athletic PE classes

NON-DRESSES

Student will receive a non dress if not meeting the proper PE attire. Buchanan PE shirt or plain white (not marking), Buchanan PE shorts or plain navy blue (no pockets and other colors) and athletic type shoes. If sweats are worn they must be grey in color.

ABSENCE POLICY

P.E. is a class that is participation and performance oriented. Consistent attendance is very important and excessive absences will adversely affect a student's grade. Absences due to school activities or school business (clubs DO NOT reside under this umbrella) do not count against a student's attendance. All other absences (even excused absences) will count against a student's grade and may be made up as outlined in our make-up policy. Unexcused absences cannot be made up.

MEDICAL EXCUSES

Parents and/or the School Nurse may excuse student from participating for one day. Students are limited to three notes per semester. Notes must be in writing and turned into instructor. Students are still required to dress out unless otherwise specified in the note or at teacher's discretion in extenuating circumstances. Any skill or testing that may occur during parent or school nurse must be made up or points will be lost.

Students on three week or longer medicals notes will be placed in medical P.E. Grade from medical PE will be averaged with students grade prior to medical note.

OFF LIMITS

Students are not allowed in gyms, weight room, fitness center or locker room without a teacher/ coach present. The locker room will not be open during the class period for non PE students. Students who are in locker room not during their PE period or for a sports team., will be referred to Student Services.

LOCKER ROOM SECURITY

REPORT ALL THEFTS TO YOUR INSTRUTOR.

Students are:

1. Not assigned a locker until signed permission slip is returned.
2. Only to use their specific assigned locker (Locks on unassigned lockers will be removed, as well as contents).
3. Not to share their locker with anyone for any reason.
4. Not to share their lock's combination; to keep their combination secret by guarding privacy.
5. Never to leave unlocked locker unattended
6. To lockers are for PE use only
7. To place all personal belongings in their assigned locker (do not leave on floor)
8. To use a combination lock (It is suggested to get a lock that is very strong)
9. To use locker room is for dressing only, no "hanging out" in locker room

PE Department is not responsible for lost and/or stolen items from locker room/lockers. Students who do not follow the above guidelines

HOLDING AREA

Students must remain in the holding (behind the blue gates) area until passing bell rings. Students who disregard this will be referred to Student Services.

ATHLETES

Other than for special circumstances, all athletes will be required to dress out and participate on game day. On game days athletes will be released at the appropriate times to change in the locker room under the supervision of their coach(es). Athletes will not be allowed to participate in after school sports programs when having a note excusing them from PE activities.

INJURIES

Report any injury that may occur during the P.E. period to a P.E. instructor.

P.E. Clothes and Locks

Buchanan P.E. clothes and locks can be purchased at anytime during the school year in the PE locker room coaches office.

Do not pound or kick doors if they are shut

PHILOSOPHY

"It is the philosophy of the Clovis Unified School District Physical Education program to enhance the quality and productivity of each individual's life through participation in a comprehensive, sequentially planned physical education program that promotes, through movement, the physical, mental, emotional and social welfare of every individual in a lifelong commitment to health and well-being."

"A Healthy Learner is a Better Learner"

EXPECTATIONS

Clovis Unified School District students will develop appropriate skills to participate throughout life in physical activities. In order for students to maximize their learning in the areas of movement skills, movement knowledge, self-image, personal development, and social development, they need to be prepared for class each day with required apparel. Students will be expected to actively participate during class in order to gain knowledge in these areas. For *specific details* of your student's physical education department's procedures and expectations, please refer to the school's Physical Education Handbook.

Athletic PE Classes

Athletic PE classes are for students who are/will be participating in/on a Buchanan High School sports team (must be a CIF school sport not club). Enrollment in the class is a privilege, therefore: those who don't follow the class guidelines, aren't on a team, cut from team, can't keep up with the physical expectations, or don't represent themselves inside or outside of class in such a fashion that is expected from team members (such as low GPA or inappropriate behavior) will be removed and put in a regular PE class. (Enrollment must be approved by Buchanan High School Director of Sport and instructor.)

These classes will be working on strength, speed, and endurance training, while maintaining the CUSD PE curriculum for physical education.

Buchanan Physical Education Teachers

Brian Weaver
Co-Department Head
Head Track & Cross Country Coach

Troy Tirapelle
Co-Department Head
Head Wrestling Coach

Rick Beddall

Pat Geil
Head Boys Basketball Coach

Matt Giordano
Head Football Coach

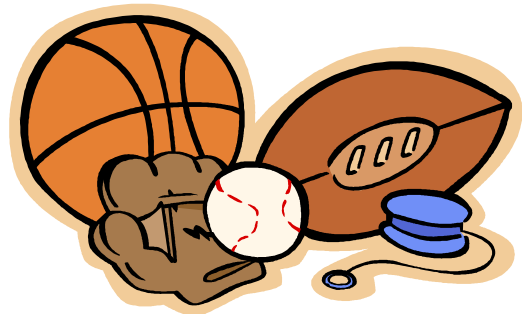
Ross Wood

John Jay
Assistant Athletic Director
Head Boys Volleyball Coach

Lisa Keller

Shannon Moser
Pep & Cheer
Head Gymnastics

Chantel Paschetta



Head Girls Volleyball Coach

CUSD PHYSICAL FITNESS

TESTING HEALTHY GUIDELINES AND GRADING SCALE

The below scores are based on a students age as of April 1 of the school year. Students must score in the healthy zone for all test to receive full credit. Tests will be conducted through out the school years and all test will be administered twice a year.

	14 year old Boys		15 year old Boys		16+ year old boys		All Girls	
Grade Level	8:15	10pts	7:50	10pts	7:30	10pts	10:00	10pts
	8:16-8:45	8pts	7:51-8:20	8pts	7:31-8:00	8pts	10:01-10:30	8pts
	8:46-9:15	6pts	8:21-8:50	6pts	8:01-8:30	6pts	10:31-11:00	6pts
	9:16-9:45	4pts	8:51-9:20	4pts	8:31-9:00	4pts	11:01-11:30	4pts
	9:46-10:15	2 pts	9:21-9:50	2 pts	9:01-9:30	2 pts	11:31-12:00	2 pts
	10:16-15:00	1 pt	9:51-15:00	1 pt	9:31-15:00	1 pt	12:01-15:00	1 pt

Modified Pull ups

	14 and 15 year old Boys		16 year old Boys		17+ year old Boys		All Girls	
Grade Level	11	10pts	12	10pts	14	10pts	6	10pts
	9	8pts	10	8pts	12	8pts	5	8pts
	7	6pts	8	6pts	10	6pts	4	6pts
	5	4pts	6	4pts	8	4pts	3	4pts
	3	2 pts	4	2 pts	6	2 pts	2	2 pts
	1	1 pt	2	1 pt	4	1 pt	1	1 pt

Curl ups/Sit ups

	14 year old Boys		15+ year old Boys		14 year old Girls		15 + year old Girls	
Grade Level	35	10pts	37	10pts	22	10pts	25	10pts
	30	8pts	33	8pts	18	8pts	23	8pts
	25	6pts	28	6pts	14	6pts	21	6pts
	20	4pts	23	4pts	12	4pts	19	4pts
	15	2 pts	18	2 pts	10	2 pts	17	2 pts
	10	1 pt	13	1 pt	8	1 pt	15	1 pt

Sit and Reach

	All Boys		14 year old Girls		15 + year old Girls	
Grade Level	8	10pts	10	10pts	12	10pts
	7	8pts	9	8pts	11	8pts
	6	6pts	8	6pts	10	6pts
	5	4pts	7	4pts	9	4pts
	4	2 pts	6	2 pts	8	2 pts
	3	1 pt	5	1 pt	7	1 pt

**I have read Physical Education Guidelines Handbook and reviewed them with my child.
 We understand the policies as stated.**

Buchanan High School claims no responsibility/liability for personal possessions in locker room

 Student's Signature (Print Name) Date

 Parent's Signature (Print Name) Date