

BUCHANAN HIGH SCHOOL PHYSICAL EDUCATION HANDBOOK

VOLUME 32, 2022-2023 • 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.
4. To establish a foundation and develop an awareness of the importance of physical well-being.
5. To be receptive to cultural differences of the population.
6. 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
 - Individual/Dual Sports

TARDIES

Tardies will result in discipline with Student Services as well as adversely affecting your grade status. Locker room doors will be locked once the tardy bell rings for the duration of class activity.

GRADING

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 dressing out points) (30%)
2. Active participation and effort during the entire class period (40%).
3. Skill Assessment Testing (10%).
4. Fitness Assessment Testing (10%)
5. Knowledge Acquisition (Written)(10%).

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

MAKE-UP POLICY

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 the proper attire for core and lifetime classes and bring their ID card, meeting 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 they can only be:

- Plain Grey, Red, Blue or any color with Buchanan represented on them

If students choose to wear sweat bottoms or leggings they can only be:

- Plain Grey or Black

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

Donation Checks made payable to CUSD

*Sport Specific classes will follow individual class proper attire. Core and Lifetime classes must follow the above dress attire

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 follow the above guidelines.

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 notes do not excuse student from daily point requirement, points must be made up during make-up PE.

Medical/Doctors notes excusing student from PE for three weeks or longer will be place in medical PE. This includes doctors notes stating no running or jumping. Grade from medical PE will be averaged with students grade prior to medical note. All other medical notes under three weeks, students will remain in class and teacher will assign make-up assignments.

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 INSTRUCTOR.

Students are:

1. All students will be assigned locker, when locker slip is turned in.
2. To only use their specific assigned locker (Locks on unassigned lockers will be removed, as well as contents). (referred to Student Services)
3. Not to share their locker with anyone for any reason. (referred to SS)
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 us lockers for PE and after school CUSD athletic programs only
7. To place all personal belongings in their assigned locker (do not leave on floor) (Referred to SS)
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 before school, break, lunch or after school. (referred to SS). Once dressed exit locker room.
10. Not to use/have out cell phones and/or headphones in locker room (referred to SS)

PE Department is not responsible for lost and/or stolen items from locker room/lockers. Students who do not follow the above guidelines will referred to Student Services (SS).

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/standards, on time, dressed in proper attire, are not on a team, cut from team, can not keep up with the physical expectations, meet CUSD fitness standards, or do not 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 (same period). (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.

11th & 12th PE Classes

Directed Studies, Lifetime and Cross Age PE class prerequisites:

- Students must have teacher recommendation
- Passed last school years PE class with a "B" or better
- Meet CUSD fitness standards from previous school year and maintain CUSD fitness standard
- Maintain a grade of "B" or better in class
- Contracts for Directed Studies and Cross Age PE will outline other requirements for the class

Students who do not meet the criteria of the class will be removed and placed in core PE.

Buchanan Physical Education Teachers

Troy Tirapelle
Co-Department Head
Head Wrestling Coach

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

Ross Wood
Head Football Coach

Brad Fontes
Head Baseball

Adam Wall
Head Girls Basketball

John Jay
Assistant Athletic Director
Head Boys & Girls Volleyball Coach

Shannon Moser
Pep & Cheer

Joe Kemp

Irene Jauregui

Mavis Washington

Irene Teraoka

Bryan Schaake

Tim Randall

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
	10:16-14:00	1 pt	9:51-14:00	1 pt	9:31-14:00	1 pt	12:01-14:00	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