

BUCHANAN HIGH SCHOOL PHYSICAL EDUCATION HANDBOOK

VOLUME 33, 2023-24 • 1560 MINNEWAWA, CLOVIS, CALIFORNIA 93619 • CLOVIS UNIFIED SCHOOL DISTRICT

Purpose of Handbook

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.

Objectives of the Department

1. To achieve a CUSD healthy fitness score, demonstrating cardio/respiratory endurance, muscular strength, muscular endurance, flexibility, and appropriate body composition on five components of the California Physical Fitness Test (PFT).
2. To develop an understanding of rules, concepts, and strategies of various physical activities and sports that include individual, group, and fitness experiences.
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.

Philosophy

It is the philosophy of the CUSD 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 and emotional and social welfare of every student in a lifelong commitment to health and well being.

A healthy learner is a better learner.

Expectations

CUSD 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, and personal and social development, they need to be prepared for class each day with required apparel. Students will be expected to actively participate during class. For specific details of your students physical education department's procedures and expectations, please refer to the schools Physical Education Handbook.

Additional Class Expectations

1. Students will be on time to the locker room to dress out.
2. Students will be on time to roll call, including the roll call happening AFTER 3rd/4th period classes are concluded.
3. Students will be in proper attire
4. Students will actively participate in class for it's duration
5. Students will not have cell phones or head phones in class
6. Students will follow the instructions and expectations of their teacher at all times. This is for the safety of all participants.

PE Clothing & Locks

Buchanan PE clothes and locks can be purchased at **any time during the school year** in the PE locker room coaches offices. Appropriate attire consists of:

Shorts: Navy Blue Buchanan PE Shorts or solid navy blue (no pockets and no other color on shorts.)

Shoes: Any athletic shoes

Shirt: White Buchanan PE shirt, PE Bear Strong shirt, or plain white t-shirt with sleeves.

Sweatshirts: Must be worn over proper PE t-shirt. Can be plain grey or black.

Sport specific PE classes may have additional attire requirements. But all Core and Lifetime PE classes will follow the above requirements.

Checks for PE clothing should be made out to Clovis Unified School District. .

Curriculum

CUSD requires that all high school students successfully complete four semesters of comprehensive core physical education and four semesters of elective physical education. The curricular areas of participation and study as outlined in the CA Department of Education Physical Education Framework include:

- ◆ Fitness walking
- ◆ Gymnastics/tumbling
- ◆ Electives
- ◆ Individual/Dual Sports
- ◆ Outdoor Education
- ◆ Aquatics
- ◆ Team sports

Grading

Grades are determined by a percentage of points earned:

90-100=A

80-89= B

70-79=C

60-69= D

59 Below=F

Grades are based on:

Dress and Daily Participation

Skills and/or Written Tests

Weekly Fitness Assessment

Students earn point daily by:

1. Being on time and in correct attire, as described in this hand-book (30%)
2. Active participation and effort during the entire class period (40%)
3. Skills Assessment Testing (10%)
4. Fitness Assessment Testing (10%)
5. Written Assessments (10%)

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

NON-DRESSES

Students will receive "non-dress" loss of points for not wearing the proper PE attire, as described in page 1.

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 but may be made up as outlined in our make-up policy. Unexcused absences cannot be made up. For 3rd and 4th periods, full attendance is taken at the beginning and end of the period.

MEDICAL EXCUSES

Parents and/or BHS School Nurse notes do not excuse students from daily point requirements, thus missing points must be made up during make-up PE.

Any student with a medical note excusing 3 or more weeks of PE will be placed in Medical PE. This includes doctors notes stating no running or jumping. Grades from medical PE will be averaged with the students grade prior to medical note. Students with medical notes designating less than 3 weeks of need, will remain in class and teacher will assign make-up assignments for the duration of the period of the 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. Any student found in the locker room outside their PE period or sport team period will be referred to Student Services.

LOCKER ROOM SECURITY

REPORT ALL THEFTS TO YOUR INSTRUCTOR.

All students will be assigned a locker after their locker slip is turned in.

All students will use only their specific assigned locker. Any unassigned locker with a lock on it will be opened, and the contents removed.

1. Students will not share their locker with anyone for any reason.
2. Students will not share their lock's combination and will make every effort to keep their combination secure.
3. Students will never leave an unlocked locker unattended
4. Students may use lockers for PE or after school CUSD Athletics Programs only.
5. Students will put all their personal belongings into their assigned locker, leaving nothing outside the locker on the floor/bench.
6. Students will use a combination (not key) lock.
7. There is no hanging out in the locker room before or after school or at break or lunch.
8. Students will not have cell phones/headphones in the locker rooms.

PE Department is not responsible for lost and/or stolen items from locker room/lockers. Violations of these rules will result in a referral to Student Services.

HOLDING AREA

Students must remain in the holding (behind the blue gated area) until the 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.

Do not pound or kick doors if they are closed!

Make-up Policies

Make up PE sections will be provided during 5th period (lunch) Tuesday and Wednesday for those students wishing to make up excused absences.

A student must be fully dressed out in the proper PE attire (see pg. 1 of this handbook) for core and lifetime PE classes.

Students will bring their ID cards and meet behind the boys locker room within 10 minutes after the 5th period/lunch bell rings in order to participate.

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 policies.

Unexcused absences cannot be made up.

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

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, who are tardy, not dressed in proper attire, are not on a team, are cut from team, who cannot keep up with the physical expectations, who cannot 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 held during the same period. Enrollment in Athletic PE classes 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 a teacher recommendation and
- Passed last school years PE class with a "B" or better
- Met CUSD fitness standards from previous school year and maintained CUSD fitness standard
- Maintained 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

Irene Jauregui- Department Chair

Ross Wood-Head Football Coach

TBD-Head Baseball Coach

Adam Wall-Head Girls Basketball Coach

John Jay-Assistant Athletic Director
Head Boys & Girls Volleyball Coach

Shannon Donald -Pep & Cheer Coach

Troy Tirapelle-Head Wrestling Coach

Brian Weaver– Head track and Cross Country Coach

Brad Fontes

Joe Kemp

Irene Teraoka

Bryan Schaaake

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 _____