

CLOVIS NORTH EDUCATIONAL CENTER PHYSICAL EDUCATION DEPARTMENT

"Purpose"

The purpose of this pamphlet is to acquaint our students and families with our department's guidelines , grading policies, expectations and procedures to help ensure a positive and productive year.



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COMMUNICATION

Please communicate with your child's PE instructor as needed. You may call the department office at 327-5062 or email the instructor with your questions or concerns.
www.clovisusd.k12.ca.us/cnec
https://sites.google.com/a/clovisusd.k12.ca.us/cnec-pe/

PE OBJECTIVES & GOALS

- #1. To develop an understanding of rules, concepts and strategies of various physical activities and fitness experiences.
- #2. 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.

MEDICAL EXCUSES:

*Parent/Guardian may excuse their student a maximum of 3 days with a written note per semester and needs to be made up in order to receive points.

*A doctor's note is required for any medical excuses lasting over 3 days. Please turn the doctor's note in to the nurse prior to school starting on the days you need to be excused from PE. The note should specify length of excuse with specific limitations.

*Asthma/self-pace notes must be updated every school year. All students with asthma are allowed to self-pace. Self-pace means that your child needs to participate in PE to the best of their ability. Students need to bring their inhaler out to PE class with them every day. They should not leave them in their lockers. Please call our school nurse if you have any questions.

Clovis North Medical PE Class

- *Students with a medical excuse that exceeds 3 weeks of non-participation in PE will be enrolled.
- *Students will report to the Athletics Office during their assigned PE period and complete an online PE course that meets the PE standards for credit.
- *When the student's medical has expired, they will be transferred back into their PE class.
- *Students grade will transfer with them both in and out of the class.

PFT ASSESSMENT

The students will be assessed throughout the year on the following tests:

- Sit-and-Reach**
- Curl-ups**
- Pull-ups or Modified Pull-ups**
- Trunk Lift**
- Mile Run**

**To learn more about the PFT tests, go to our school's website. Students will take the PFT test during their next 6 years of secondary education. The official state test will take place in early spring.

PE Student Expectations

- Students will be on time to class.
- Students will be properly dressed for their PE class.
- Students will not be allowed in the parking lot during class.
- Students will actively participate to the best of their ability in daily activities.
- No phones/earbuds in PE class.
- Necessary medical supplies need to be brought out to class every day.
- Students will be respectful of their classmates and staff members.

GRADING SCALE:

100-98 = A+	97.9-94 = A	93.9-90 = A-
89.9-88 = B+	87.9-84 = B	83.9-80 = B-
79.5-78 = C+	77.9-74 = C	73.9-70 = C-
69.9-68 = D+	67.9-64 = D	63.9-60 = D-
59.9-0 = F		

UNIT GRADING:

- 75 points Daily Participation and Attendance
- 15 points Fitness, Skills, Character
- 10 points Mile

Regular Day

(*5 points possible)

Block Day

(*10 points possible)

<u>Attendance, Participation, and</u>		
Complete Uniform (shirt, shorts, shoes)	+5 points	+10 points
Dressed/non-participation	+2 points	+4 points
Non-dress (Can not be made up)	0 points	0 points
Truancy/Suspension	0 points	0 points
Misconduct/Referral	0 points	0 points
Tardy (taken from participation)	-2 points	same

ABSENCES DUE TO SCHOOL ACTIVITY, APPOINTMENT, & IS

The following are absences that do not affect the participation points:

- *Approved Student/School Activity
- *School Office Appointment
- *Approved & Completed Independent Study (absent over 5 days). IDS is initiated with the student's counselor. The assignment for PE will be a 30 minute exercise log per day with a parent signature and a half page sports article summary. More specific information will be given with IDS is assigned.

NON-DRESS & ABSENCES

Non-Dress and absences are the main reason a student will fail a physical education class.

I HAVE READ AND REVIEWED THE PE GUIDELINES AND PROCEDURES WITH MY CHILD. WE UNDERSTAND THE POLICIES AND PROCEDURES AS STATED.

STUDENT NAME: _____

SIGNATURE: _____

PARENT NAME: _____

SIGNATURE: _____

PE TEACHER: _____

PERIOD: _____

PE UNIFORMS

Shorts: CNEC or black shorts. Must be dress code length. Black yoga pants knee length or longer are acceptable for PE class only.

Top: Any CNEC PE or spirit shirt that is in school colors or plain black or white shirt. No tank tops allowed in any GR PE class.

Socks: Required to perform tasks.

Shoes: Athletic shoes to perform the tasks required. — (no backless shoes, Uggs, slippers, etc.).

Sweats: Appropriate plain colored sweats are acceptable –School Colors only (Black, Grey and Columbia Blue).

**When PE gear becomes defaced, torn, ripped or out of code, the garment must be replaced- Please talk with your instructor.

MARKING UNIFORMS

It is recommended that parents/guardians and/or students mark their PE gear to help identify their items in the event they are stolen or lost.

LOCKER ROOM SECURITY

Report all thefts to your instructor immediately. Students should also report the theft to the main office. CNEC staff will not investigate the loss of items that are restricted from campus, such as cellphone, iPods and MP3 players.

#1. Please do not give out your locker combination to anyone.

#2. Check to make sure your lock is properly secured before leaving the locker room or before taking a shower.

#3. Do not leave items unattended at any time.

#4. Do not switch or share lockers unless directed to do so by an instructor.

#5. Locker room will be locked during class time and lunch. The locker room is off limits during class time. Students are not allowed to be in the locker room without adult supervision.

SAFETY AND INJURIES

Please report all injuries to the instructor. Caution-Horseplay, hazing, or fighting will not be tolerated. Safety is our number one priority.

ATHLETES AND GAME DAY

All athletes are required to dress out in PE clothes and participate in physical education each and every day.

LAPTOPS AND BACKPACKS

Laptops and backpacks should never be left in the locker room or around campus unattended. Staff members are not responsible for items left unattended. Students with laptops should always secure their laptop in laptop lockers to prevent a theft from occurring.

FOOD

Food, candy, and/or gum will not be allowed in the locker room or during any PE class at any time. Glass items are not allowed in the locker room.

LOST AND FOUND

All items left in the locker room will be placed in the lost and found. It must have your name on it to ensure proper recovery. Please check with your PE instructors to retrieve your lost items.

***School and staff are not responsible for lost or stolen items.**

“Building Unity, Pride, and Champions!”

MAKE-UP P.E.

Students are **only allowed to make-up excused absences, doctor’s appointments and parent excuses**. There are no make-ups for non-dresses. Make-ups are done in the Fitness Center located on campus by the track. The student will sign in and workout on a cardio machine for at least 30 minutes. Only one make-up per day. Fitness Center is open on Tuesdays and Thursdays from 3:00-4:30. All make-ups must be completed within a timely manner. No cell phone use during the make-up.

SWIM UNIT

Students are required to participate in the yearly swim unit. This is a California State Standard and is therefore mandated in our curriculum. Students can be exempt from this unit for religious and medical reasons only. A religious exemption must be accompanied by a letter on letter-head from your church. Medicals excuses must be turned in to the school nurse.

Girls must wear appropriate swim attire including suits, board shorts, and/or rash guards.

Boys must wear swim/board shorts. Rash guards are allowed as well.

PE shorts and t-shirts are not allowed in the pool.

No visible piercings and/or tattoos are allowed. They must be removed or covered up.

Granite Ridge will swim in the Fall and Clovis North will swim in the Spring.

Air Quality

Please refer to the CUSD home page at the bottom right for Today’s Air Quality Forecast readings.

The Physical Education department follows these guidelines for all classes.

