



ALTA SIERRA INTERMEDIATE PHYSICAL EDUCATION DEPARTMENT HANDBOOK

"Purpose"

The purpose is to acquaint our students and families with our department's guidelines and procedures to help ensure a safe and productive year at Alta Sierra.

Contents:

| | |
|---------------------------|---|
| Objectives/Assessment | 1 |
| Grading Policies/Make-ups | 1 |
| Medical Excuses | 1 |
| PE Uniforms | 2 |
| Locker Room Security | 2 |
| Communication | 2 |
| Laptops and Backpacks | 2 |

TEAM OF EDUCATORS

- Stephen Weimer (Wrestling, Girls Volleyball, and Strength & Conditioning)
- John Devere
- Lisa Keller (Adapted PE)
- Brady Moser (Boys Basketball)
- Kristin Pena- Co-Department Chair (Girls and Boys Volleyball Coach)
- Leah Balch -Co-Department Chair (Girls H2O Polo and Swim Coach)
- Dustin Beauchamp (Cross Country and Track)
- Kelli Kaku (7/8th Cheer Coach)
- Chris Hansen (Athletic Director and Wrestling)
- Chris McGrady (8th grade Football, Baseball, and Strength & Conditioning)

PE OBJECTIVES

#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.

PFA ASSESSMENT

The students will be assessed in the Fall and Spring on the following tests:

Sit-and-Reach

Curl-ups

Pull-ups and/or Modified Pull-ups

Trunk Lift

Mile Run

**Please check with your child's teacher to learn more about PE Testing. A minimum of 4 tests will be given throughout the year.

Absolutely No Cell Phones or Ear Buds will be allowed in class or the locker room.

Student will be sent to Kodiak if cell phone is out during class.

-Tennis balls, other sporting equipment brought from home, books or other reading material will not be allowed during class time.

GRADING POLICY AND DAILY POINT REQUIREMENT

Grades are based on points accumulated toward a combination of participation (40%), dress (30%), PFA testing (10%) and skills/written tests (20%) during each grading period.

Students can earn points daily toward their physical education grade by doing the following:

- Be on time and dressed out
- Actively participate and demonstrate effort during class
- PFA Test, skill tests and written assessments

INDEPENDENT STUDY

** All students will be required to do work during independent study, teachers will provide a handout with instructions

DEMERITS SYSTEM

**Each week is worth 20 pts.

1. Points deducted after 2 absences per semester (-2 Mondays/ -4 2 hr Block)
2. Unexcused tardy (-2)
3. Truancy (-4/-8)
4. Full non-dress (-2 hour class/-4 block)
5. Non-participation (-2/-4)
6. Conduct Referral (-4/-8)
7. Sagging (-2/-4)

NON-DRESS POLICY

(All or Nothing Policy)

Student must be fully dressed out to receive full points. This means the shirt, shorts and shoes must be correct.

Non-dresses are the number one reason for a student to fail PE.

Students that have non dress deduction in their grade can go to lunch time PE to make up points.

PE UNITS CURRICULUM

Golf, Soccer, Paddle Tennis, Dance, PFA Test, Water Safety, and Weight Room, Volleyball, Basketball, Flag Football, Tennis, Aerobics, Weight Room, Boot Camp and Swimming.

Other Curriculum:

Safety of students, care of equipment, care of property (personal and school), personal hygiene, physical fitness, cooperative groups and teamwork, character counts and health.

DATA/GOAL SETTING

Each instructor and/or student will be required to keep a goal setting chart to monitor their progress throughout the year in the area of pull-ups and mile run. Please ask your child's PE instructor to see the progress made throughout the year. Students will participate in a pre-test for PE testing as well as two mid year tests, plus the annual PFA test during the spring semester.

MEDICAL EXCUSES

Parents and/or school nurse may excuse a student, in writing, from participating in PE. **Parents can excuse a student for up to 3 days per semester.**

If a student needs to be excused after the 3 days have been used, a doctors note is required and needs to be submitted to the nurse stating the length of time excused and/or limitations for that student. The student is still required to dress out on a parent excuse. Students on medical notes will be sent to the library during their PE period and attendance will be taken there.

*All notes must be turned into Nurse

COMMUNICATION

Please communicate with your child's instructor as needed. You may call the school at #327-3500 or e-mail the instructor. Alta Sierra's website address is

www. clovisusd.k12.ca.us/alta

(Alta Sierra's FAX #327-3590)

PFA Testing Rubric- Mile Run Grade Change Every 30 Seconds

| | 12 year old Boys | | 13 year old Boys | | 14+ year old boys | | All Girls | |
|--------------------|------------------|-------|------------------|-------|-------------------|-------|--------------|-------|
| Grade Level | 9:00 | 10pts | 8:30 | 10pts | 8:15 | 10pts | 10:00 | 10pts |
| | 9:01- | | 8:31- | | 8:16- | | 10:01- | |
| | 9:30 | 8pts | 9:00 | 8pts | 8:45 | 8pts | 10:30 | 8pts |
| | 9:31- | | 9:01- | | 8:46- | | 10:31- | |
| | 10:00 | 6pts | 9:30 | 6pts | 9:15 | 6pts | 11:00 | 6pts |
| | 10:01- | | 9:31- | | 9:16- | | 11:01- | |
| | 10:30 | 4pts | 10:00 | 4pts | 9:45 | 4pts | 11:30 | 4pts |
| | 10:31- | | 10:01- | | 9:46- | | 11:31- | |
| | 11:00 | 2 pts | 10:30 | 2 pts | 10:15 | 2 pts | 12:00 | 2 pts |
| | 11:01- | | 10:31- | | 10:16- | | 12:01- | |
| | 15:00 | 1 pt | 15:00 | 1 pt | 15:00 | 1 pt | 15:00 | 1 pt |

Modified Pull ups

| | All Boys | | All Girls | |
|--------------------|-----------|-------|-----------|-------|
| Grade Level | 11 | 10pts | 6 | 10pts |
| | 9 | 8pts | 5 | 8pts |
| | 7 | 6pts | 4 | 6pts |
| | 5 | 4pts | 3 | 4pts |
| | 3 | 2 pts | 2 | 2 pts |
| | 1 | 1 pt | 1 | 1 pt |

Curl ups/Sit ups

| | 12 year old Boys | | 13 year old Boys | | 14 year old Boy | | All Girls | |
|--------------------|------------------|-------|------------------|-------|-----------------|-------|-----------|-------|
| Grade Level | 26 | 10pts | 30 | 10pts | 35 | 10pts | 22 | 10pts |
| | 23 | 8pts | 27 | 8pts | 32 | 8pts | 18 | 8pts |
| | 20 | 6pts | 24 | 6pts | 29 | 6pts | 14 | 6pts |
| | 17 | 4pts | 21 | 4pts | 26 | 4pts | 12 | 4pts |
| | 14 | 2 pts | 18 | 2 pts | 23 | 2 pts | 10 | 2 pts |
| | 11 | 1 pt | 15 | 1 pt | 20 | 1 pt | 8 | 1 pt |

Sit and Reach

| | All Boys | | 12-14 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 THE PE HANDBOOK AND REVIEWED THE GUIDELINES AND PROCEDURES WITH MY CHILD. WE UNDERSTAND THE POLICIES AND PROCEDURES AS STATED.

STUDENT NAME: _____ **SIGNATURE:** _____
(PLEASE PRINT)

PARENT NAME: _____ **SIGNATURE:** _____
(PLEASE PRINT)

.....