



# 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.

## TEAM OF EDUCATORS

- Kristin Pena- Co-Department Chair (Girls and Boys Volleyball Coach)
- Stephen Weimer Co-Department Chair (Wrestling, Girls Volleyball, Boys Volleyball, & Badminton)
- Collin Cypher- Boys and Girls Tennis, Boys Soccer (Strength and Conditioning)
- Leah Balch -Girls H2O Polo and Swim Coach (Total Body Fitness)
- Casey Tirapelle ( Girls Volleyball/ Softball)
- Dustin Beauchamp (Cross Country and Track)
- Kelli Kaku (Cheer Program)
- Brad Zimmer (Athletic Director)
- Bryan Shaake (Adaptive PE)
- Jim O'Brian (Football PE, 8th Grade Football)

## 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 2 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 brought to 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. Absences (-2 M-T-F/-4 2 hr Block)
2. Unexcused tardy (-2)
3. Truancy (-4/-8)
4. Non-dress (-2 hour class/-4 block)
5. Non-participation (-2/-4)
6. Conduct Referral (-4/-8)
7. Inappropriate Language (-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 or Zero Period to make up points.

## PE UNITS CURRICULUM

Golf, Soccer, Paddle Tennis, Dance, PFA Test, Water Safety, Weight Room, Volleyball, Basketball, Flag Football, Tennis, Tumbling, Boot Camp, Badminton, 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 2 days per semester.

If a student needs to be excused after the 2 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 teacher.

## COMMUNICATION

Please communicate with your child's instructor first 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](http://www.clovisusd.k12.ca.us/alta)

### PE UNIFORMS

The Alta Sierra school's PE uniform requirements include the following general design and color requirements:

- Shirt : plain grey (in dress code)
- Shorts: solid red
- Student's may wear sweats to PE, but they can't be the same ones they wear to school. **Non-see thru leggings are allowed.**
- Athletic Shoes Only—No Crocs, sandals, or open toed shoes.

Student's may voluntarily choose to satisfy these general design and color requirements by wearing the P.E. uniform set offered by Alta Sierra.

### MARKING UNIFORMS

Marking uniforms is recommended. Marking of the uniforms should be done in permanent or sewn in for proper identification. A student must have their last name and first initial on the shirt and shorts. Student name must be legible.

### Clovis Unified Board Policy 2105

Shorts must have a 5 inch inseam. Shorts are to be hemmed and not form fitting. Bike shorts (spandex) gym shorts, frayed shorts, or shorts with holes are unacceptable during PE. Athletic shorts with pockets are permissible. Shorts worn during Physical Education may not be worn during regular class time at secondary sites.

Leggings will be allowed if over garment (shirt) is no shorter than five inches (5") above the top of the kneecap, but no shorter than mid-thigh.

### LOCKERS

-Lockers are assigned by teachers only.  
-Do not put a lock on an unassigned locker.

### LOCKER ROOM SECURITY

**\*\*Report all thefts to your instructor immediately. Students should also report the theft to their cluster office.**

**#1. NO CELL PHONE USE IN LOCKER ROOM— any cell phone use will result in immediate consequences and possible suspension.**

#2. Please do not give out your locker Combination.— No sharing small lockers

#3. Check to make sure your lock is properly secured before leaving the locker room. **(It is highly recommended to buy the lock sold at Alta Sierra, to better assist students when issues arise.)**

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

#5. All items should be locked in your locker while you are in class to prevent theft. If you cannot fit everything please make arrangements prior to coming in the locker room for your belongings.

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

#7. One student at a time allowed in changing stations-NO HORSEPLAY

#8. Students are not allowed in the locker room without a staff member's permission.

#9. Locker room will be locked during class time.

**#10. No stickers or tape are allowed on or in the locker.**

### SAFETY AND INJURIES

Please report all injuries to the instructor. Caution-Horseplay or fighting will not be tolerated. Safety is our number one priority and could result in suspension if rules are not followed.

### ATHLETES AND GAME DAY

All athletes are required to dress out in their PE clothes and participate in physical education each and every day. If an athlete has a game or meet that requires them to leave early from PE, they are still expected to dress out and participate until released. **Wearing a team jersey to PE will not count as dressing out for class.**

- **Cheer PE** must be in PE dress code at all times while in PE and can change when leaving for practice.

### LAPTOPS AND BACKPACKS

Laptops and backpacks should never be left in the locker room. Staff members are not responsible for items left in the locker room. Any backpacks or laptops left out in the locker room will result in detention.

### 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 in the locker room will be placed in the lost and found. It must have your name on it to ensure proper recovery.

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

### MAKE-UPS EXCUSED ABSENCES

Any excused absences, students must make up points by attending PE Make-up, which will be provided during 5th period PE (lunch) or Zero Period. Students must be dressed out and be on time for make-ups. Zero period: 7:30am & Lunch time: 3 min after shower bell.

### CHARACTER COUNTS

Trustworthiness  
Respect  
Responsibility  
Fairness  
Caring  
Citizenship

### **"Alta Sierra Intermediate Mission Statement"**

The mission of Alta Sierra Intermediate School, "A Team of Champions", is to work effectively and efficiently to ensure all students connect to school and become lifelong learners. We will develop unity and leadership by challenging ourselves so all students: achieve academic proficiency on the California standards, respect each other and keep our school safe, clean and united.

### Mile Run Grade Change Every 30 Seconds

| 12 year old Boys |        |       | 13 year old Boys |        |       | 14+ year old boys |        |       | All Girls |        |       |
|------------------|--------|-------|------------------|--------|-------|-------------------|--------|-------|-----------|--------|-------|
| Grade            | 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    | 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            | 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 |    |       | 15 + year old Girls |    |       |
|----------|---|-------|----------------|----|-------|---------------------|----|-------|
| Grade    | 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  |

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**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)

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