



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 Wiemer Co-Department Chair (Wrestling and Girls Volleyball)
- John Devere
- Bryan Shaake (Adaptive PE)
- Brady Moser (8th Grade Football, ASI Baseball coach)
- Kristin Pena - Co-Department Chair (Girls and Boys Volleyball Coach)
- Leah Balch - (Girls H2O Polo and Swim Coach)
- Dustin Beauchamp (Cross Country and Track)
- Kelli Kaku (Cheer Program)
- Joseph Avery (Percussion/Colorguard)
- Brad Zimmer (Athletic Director)

Strength and Conditioning - Elective Class

- Brady Moser

Total Body Fitness

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 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 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.

MB PE UNITS CURRICULUM

Students will work on their physical fitness through dance, choreography, music, and incrementally expanding workout sequences. During the second semester, Marching Band PE students will put together a competitive production and compete locally, as well as perform an end of the year recital. The students will join the high school program for joint events such as CUSD Band Night and the Feeder Night BHS Football Game, as well as the Rodeo Parade in April. A full calendar can be found at www.becmusic.org/asi-band-calendar. All students will participate in the state PFA Testing.

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 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

(Alta Sierra's FAX #327-3590)

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. **Black, non-see thru leggings are allowed.**
- No earrings allowed during PE

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 mandatory. Marking of the uniforms should be done in indelible ink 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 are to be worn no shorter than five inches (5") above the top of the kneecap, but no shorter than mid-thigh. Shorts are to be hemmed and not form fitting. Bike shorts (spandex) gym shorts, frayed shorts, or shorts with holes are unacceptable. Athletic shorts with pockets are permissible. Shorts worn during Physical Education may not be worn during regular class time at secondary sites. Straps must be fastened at all times.

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

LOCKER ROOM SECURITY

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

#1. Please do not give out your locker Combination.- No sharing small lockers

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

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

#4. 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. (use your AB locker, laptop lockers, etc.)

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

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

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

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

#8. NO CELL PHONES IN LOCKER ROOM- any cell phone use will result in immediate consequences and possible suspension

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 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.

- **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. Students with laptops should always use a laptop locker before PE class to prevent a theft from occurring in the PE 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

Students get 2 excused absences without losing points, after 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: 6:50 am & Lunch time: 10 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 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)

.....

