



# REAGAN EDUCATIONAL CENTER



## PHYSICAL EDUCATION DEPARTMENT

### PURPOSE

The purpose of this handbook is to acquaint you with the grading policies, expectations, and procedures that will help you be successful and enjoy your Physical Education experience.

### GOALS

It is the goal of the Physical Education department to provide students with opportunities to develop an optimal level of physical fitness and to develop a desire for an active and healthy lifestyle after participating in 6 years of Physical Education. These goals will be met through a variety of activities and sports.

#### Teaching Staff

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#### OBJECTIVES

- 1: To develop an understanding of rules, concepts, and strategies of various physical activities and physical experiences.
- 2: To develop physical and social skills that allow fulfillment in leisure time.
- 3: To provide participation in a wide variety of physical activities and sports in order to identify areas of enjoyment and benefit.
- 4: To develop an awareness of the importance of personal fitness and to provide instruction for the development of basic physical skills that will allow personal fulfillment in the use of leisure time.

#### STUDENT EXPECTATIONS

- 1: Be on time to class.
- 2: Be properly dressed for class (Reyburn/CE uniform, plain white or gray shirt, plain black or navy shorts, athletic shoes WITH socks).
- 3: Actively participate daily in activities to the best of their ability.
- 4: Exhibit proper hygiene and safety practices such as clean clothes (wash PE clothes weekly) and proper use of equipment and facilities.
- 5: Check grades regularly with parent on Q/Zangle and join google classroom, if required, to participate in online activities.
- 6: Phones/airpods use in PE class is prohibited.
- 7: Be respectful of their classmates and all staff members.

#### MEDICAL EXCUSES

- 1: A doctor's note is required to excuse students from activity.
- 2: If the doctor's note excuses the student from activity for 3 weeks or longer, the student will be removed from their PE class and placed in an academic class by their counselor or placed in medical PE (Marzolf).
- 3: Students on a medical note from a doctor are required to dress out unless hindered by their injury.
- 4: Asthma/self pace notes must be updated every school year. All students with asthma (and a doctor's note) are allowed to self pace. Students need to bring their inhaler out to PE class with them every day. They should NOT leave them in their locker.
- 5: Parents/guardians may not excuse students from activities without students losing points for the day (parent/guardian notes are not accepted).

#### MAKE-UP PE

- 1: *Clovis East* – Make-up sessions are held on Mon/Tu/Fri from 7:25-8:24am in the WEST gym or at lunch on Mon/Tu/Fri from 12:42-1:02 behind the boys locker room.  
**-CE MILE MAKE-UPS: Wed/Thur at lunch - 12:46-1:06pm, 0 period on Thurs - 7:35-8:34am**  
*Reyburn* – Make-up sessions are held on Thursdays before school from 7:25-8:24 in the gym and Thursday at lunch from 12:46-1:06pm behind the locker rooms.
- 2: 10 points are earned for each make-up period.
- 3: Students must dress out and participate to earn credit.
- 4: Students are only allowed to earn 50 points to make up a total of 5 missed PE classes per semester.
- 5: No make-up PE during the last week of the semester.

#### ABSENCES

- 1: Absent students will not receive participation points regardless of excuse from parent/guardian.
  - 2: Doctor's appointments do not excuse you from PE. Any appointment is an excused absence from school, but it must be made up.
  - 3: Lost points may be made up at make-up PE.
- \*\*The following excused absences do not result in a loss of points: student school activities, school office appointments (i.e. counselor), and approved Independent Study for students who will be absent for 5 days or more.**

#### TARDIES

Two (2) points will be deducted for each unexcused tardy. The school tardy policy will be followed. The locker room doors will be closed at the tardy bell.

#### NON DRESSES

*Non-dresses are the main reason for failing PE.*

- 1st offense: warning, teacher/student conference
- 2nd offense: parent/guardian contact
- 3rd offense: after school detention
- 4th offense: referral to SRC, Saturday school
- 5th offense: referral to SRC, Saturday school
- 6th offense: student will receive an F for the grading period

**\*\*Non dresses cannot be made up\*\***

## GRADING SCALE & RUBRIC

100-90	A
89-80	B
79-70	C
69-60	D
59-0	F

10 POINTS PER DAY	5 points=participation (effort/attitude)	5 points=dressing out (in complete uniform)
ACTION	CODE IN Q	POINT DEDUCTION
Non dress	ND	-10
No shirt or no shorts	TS (shirt) / SH (shorts)	-2
Improper shoes/footwear	SS	-10
Non participation	NP	-6
No run or no swim	NR/NS	-10
Unexcused tardy	T	-2
Absence	AB	-10 or -20 (mile)
Misconduct (referral)	B	-10
Truancy (ditched class)	Truant	-10
PFT	PFT	-10 per event/test

## LOCKER ROOM

- 1: Lockers are assigned for each school year and may not be switched unless a PE teacher has allowed it and recorded the change.
- 2: No food, candy, gum, seeds, or beverages (water OK) are allowed in the locker room, gym, or other facilities.
- 3: PE lockers are used solely for the purpose of storing PE clothes and are not to be used to store food or books.
- 4: Students are only allowed in the locker rooms immediately before and after their assigned PE period.
- 5: Students are NOT allowed in the locker room or other facilities during class, break, any passing period, or lunch regardless of whether a teacher is present or not.
- 6: Students must use a REC PE issued lock which can be available for purchase for \$6. (Reyburn)
- 7: No horseplay, running, or fighting in the locker room.
- 8: The locker room will be closed at 3:30 each day and will be locked between each period.
- 9: All gyms, blacktops, and tennis courts are off limits during lunch.

## PE Clothing Requirements

OKAY?	Shirts	Shorts	Shoes
YES	<ul style="list-style-type: none"> <li>*PE issued gray shirt</li> <li>*Solid white with name on back</li> <li>*Solid gray with name on back</li> </ul>	<ul style="list-style-type: none"> <li>*PE issued navy shorts</li> <li>*Plain navy</li> <li>*Plain black</li> <li>*7-inch inseam</li> <li>*Leggings under PE shorts</li> </ul>	<ul style="list-style-type: none"> <li>*Laced running shoes</li> <li>*Any sneaker that stays on when running, can bend, can get dirty!</li> </ul>
NO	<ul style="list-style-type: none"> <li>*Logos or brands</li> <li>*Green or non-school colors</li> <li>*Athletic uniforms or practice gear</li> <li>*Spirit wear</li> <li>*Low cut, v-neck, crop top, sleeveless shirts, tank tops</li> <li>*Shirt with no name on back (PE teacher will write on back with sharpie)</li> </ul>	<ul style="list-style-type: none"> <li>*Stripes or other designs</li> <li>*Large logos</li> <li>*Green or non-school colors</li> <li>*Athletic uniforms or practice gear</li> <li>*6-inch inseam or less</li> <li>*See-through leggings</li> </ul>	<ul style="list-style-type: none"> <li>*Slip ons</li> <li>*Sandals</li> <li>*Ugg boots or slippers</li> <li>*Boots</li> <li>*Crocs</li> <li>*Rubber based shoes</li> </ul>

- 1: PE attire and locks may be purchased from the PE staff at the start of the school year and in the locker rooms at any time during the school.
- 2: Uniforms being sold from Reyburn will have a name and logo.
- 3: Students may buy their own clothing, but must adhere to the above mentioned rules to be considered "dressed out".
- 4: If a student cannot afford clothes, please contact the PE office.
- 5: On cold days, students may wear sweatpants and/or sweatshirts that are plain and solid gray, white, black, or navy, but PE shirts and shorts must be worn underneath.

## MILE RUN

- 1: Graded on a 10-point sliding scale
- 2: Students who pass in the Healthy Fitness Zone (HFZ) time will only run once a week.
- 3: Students who do not pass, or have poor behavior during the week, may run again.

Points Earned	Male Times	Female Times
10	6:30 and below	8:00 and below
9	6:31-7:30	8:01-9:00
8	7:31-8:30	9:01-9:30
7	8:31-9:00	9:31-10:00
6	9:01-9:30	10:01-10:30
5	9:31-10:00	10:31-11:00
4	10:01-10:30	11:01-11:30
3	10:31-11:00	11:31-12:00
2	11:01-11:30	12:01-12:30
1	11:31-12:00	12:31-13:00
0	12:01 +	13:01 +

## ASTHMA

- 1: Asthma is not a reason or excuse to get anyone out of regularly running the weekly mile.
- 2: Students with asthma are still required to make an effort to the best of their ability during the mile run and will be graded according to the sliding scale.
- 3: Self-pace students will be allowed to self-pace with a doctor's note, but will still be expected to do their best and will be graded according to the sliding scale.
- 4: If you are not feeling well that day, let your teacher know and they may let you run it on another day or make it up.

## INJURIES

If a student is injured or does not feel well during class, the teacher should be notified immediately.

## ATHLETIC GAME DAYS

All student-athletes are required to dress out in their PE clothes and participate on their game days. Student-athletes may not wear a school issued uniform or practice gear to class.

## LOST AND FOUND & THEFTS

- 1: Report all thefts immediately to your teacher.
- 2: Lost locks or clothes will need to be replaced by purchasing through a PE teacher.
- 3: Bags or personal items should not be left out.

## ELECTRONIC DEVICES

- 1: No electronic devices are allowed in PE class or in the locker room: cell phones, airpods, cameras, etc.
- 2: Should a student use their cell phone, or any other electronic device, they and the device will be sent to the SRC where a parent will be required to pick it up.
- 3: Taking pictures, video, or using social media in the locker room or in class is strictly prohibited and will result in a referral to the SRC.

## HOLDING THE LINE

- 1: Students must stay behind the front gate until the bell rings.
- 2: Students who leave early will be considered truant.
- 3: Should students leave early, they will be cited with a detention or referral for truancy and will be considered absent for that day. This absence will NOT be allowed to be made up.