

# Kastner Intermediate Physical Education

THE OFFICIAL STUDENT HANDBOOK FOR YOUR THUNDERBIRD P.E. EXPERIENCE

## Mission Statement:

Kastner Intermediate Physical Education is a comprehensive program designed to allow students to discover and appreciate the skills and strategies necessary to achieve and maintain total personal fitness and wellness and to continue to exercise throughout their lifetime.



## Kastner Intermediate Physical Education Instruction

Kastner Intermediate Physical Education instruction is based on the standards set forth by the State of California. Our goal is to teach a variety of activities to help motivate our students to remain physically active for life. We intend to provide each student with the highest quality physical education experience.

For more information on State Physical Education Standards visit [www.cde.ca.gov](http://www.cde.ca.gov)

## Essential Agreements

### Attendance

- log-on daily, each period, on time
- enable video the entire class period with face shown
- use first and last name as your computer Zoom name (unless approved by teacher)
- be seated in an appropriate learning space (e.g. desk, table, counter, quiet space etc.)

### Communication

- must engage with teacher and peers during the class period

### Technology/Platforms

- abide by the Technology Agreement form
- notify teacher when having technology issues

- **Curriculum, Instruction, & Assessment** actively participate in online learning the entire time with teacher, support staff, and peers
- stay on pace with daily assignments
- take assessments online as directed by teacher
- have access to laptop/Chromebook and internet for work completion (devices available through the site)
- have daily interaction with teacher via online learning, email, google classroom etc.

### Grading Progress Monitoring Data

- will check grades weekly

### Physical Education Department Objectives:

- Expose students to a wide variety of physical activities.
- Develop awareness of the importance of personal fitness.
- To provide instruction for the development of basic skills that will allow personal fulfillment in the use of leisure time.
- To help students gain a knowledge about the five health related components of fitness. (Cardiovascular Fitness, Muscular Strength, Muscular Endurance, Flexibility and Body Composition)
- To build upon the principles of CHARACTER COUNTS. (Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship)

### Physical Education Activities:

- ★ Aerobic Exercise
- ★ Badminton
- ★ Basketball
- ★ Biking
- ★ Dance
- ★ Flag Football
- ★ Frisbee Golf
- ★ Golf
- ★ Health Related Components of Fitness
- ★ Nutrition and Wellness
- ★ Paddle Tennis
- ★ Physical Fitness Testing
- ★ Soccer
- ★ Swimming/Diving
- ★ Team Handball
- ★ Track and Field
- ★ Ultimate Frisbee
- ★ Weight Training
- ★ Volleyball

### Dress for Success:

- All students must dress out in appropriate athletic attire.
- All students need to wear sturdy athletic shoes to class every day for safety reasons.

### Absences/Tardies:

Points will be deducted for each unexcused or uncleared absence from the student's participation grade. Excused absences can be made up for full credit.

### Grading:

In general, daily points are earned by meeting all responsibilities during the entire class period. Specifically points are earned by:  
Participating in the class activity, giving your best effort, and completing all of your work.

### Medical Excuses:

**Any health problems that warrant non participation for more than 3 days must be validated by a physician.** If the student must be excused from PE for longer than three days they must email their doctors note to the nurse.

If this excuse lasts longer than 2 weeks the student will be placed into long term medical PE. Students will be required to complete 1 assignment per week through the PE Long Term Medical class.

**\*Have your doctor be as specific as possible in their note. Ask your doctor if walking during the PE class would be "ok".**

### Parent Notes for PE:

A parent may email the teacher prior to the start of class to excuse the student for up to 3 consecutive days. The note must indicate the specific number of days that the student is to be excused. A parent may only excuse their child from PE 2 times per semester. \*However, the student is still required to be in attendance.

### PE Intervention:

- Arrangements must be made in advanced with the student's PE teacher.

**Cell Phones: One (1) warning will be given if a phone is out during class time.**

