

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

Physical Education Department Goal:

Our goal is to have 85% of our students pass the Mile Run on the State Fitness Test.

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
- ★ Dance
- ★ Flag Football
- ★ Frisbee Golf
- ★ Football
- ★ Golf
- ★ Health Related Components of Fitness
- ★ Kan Jam
- ★ Kickball
- ★ Nutrition and Wellness
- ★ Paddle Tennis
- ★ Physical Fitness Testing
- ★ Soccer
- ★ Swimming/Diving
- ★ Tchoukball
- ★ Ultimate Frisbee
- ★ Weight Training
- ★ Volleyball

Dress for Success:

- All students must dress out in their PE clothes every day.
- After PE class students will dress back into their regular clothing before returning to classroom instruction.
- All students need to wear sturdy athletic shoes to class every day for safety reasons.
- Students who choose to wear sweat tops and/or sweat bottoms, must adhere to the following acceptable combinations: Gray, White, Black, Cardinal or Gold.
- Black athletic leggings may be worn for PE class.
- For safety reasons all PE students need to wear our Kastner colors so that intruders may be spotted immediately.

KASTNER Physical Education Uniforms:

Kastner students enrolled in Physical Education are required to wear appropriate PE attire. Such attire may be purchased at the Kastner Athletic Directors Office (G-2).

The uniform being sold by the site contains the name/logo of Kastner Intermediate. Students, however, are not required to purchase a PE uniform from Kastner Intermediate. If students choose to not purchase a PE uniform from Kastner Intermediate, students are otherwise required to wear their own plain colored black mesh shorts (Shorts must be in dress code) and plain colored gray t-shirt for PE.

If a student cannot afford to purchase a standard PE uniform, black shorts and gray t-shirt or the uniform from the site; the student or parent should contact the Thunder Cluster Office. For such students, Kastner Intermediate will provide a previously used uniform, which has been cleaned by the Kastner Intermediate staff. The uniform must be returned, in good shape, to Kastner Intermediate at the end of the school year. If the uniform is not returned, the students will be charged for the direct cost of the PE uniform.

Marking Uniforms:

Marking your physical education shirt is **required**. Use indelible ink and mark the student's first initial and last name in the space provided on each uniform. No other markings may be on your PE uniform unless directed by your PE teacher.

First Initial. Last Name

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.

Excessive tardies in lunchtime or 0 period PE may result in removal from the class. Your second elective during the day will be replaced with a PE class.

Air Quality:

Air quality in the Central Valley is at times unhealthy and may contain toxins not detectable by casual observation. At such times strenuous physical activities are not recommended. Class activities will be modified on such occasions based on current reading reported online.

Activity modifications will be made according to particle readings reported by the San Joaquin Valley Air Pollution Control District.

Air Quality: <http://www.valleyair.org/aqinfo/forecast.htm>

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.

Parent Notes for PE:

A parent may excuse the student for up to 3 consecutive days. The note must be dated and 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 dress out for PE.

Injuries:

If a student is injured or does not feel well during class, please report it to the instructor.

Students cannot go to the nurse's office without the instructor's permission. No student will be granted admission to the nurse's office without a note from his/her instructor.

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 present their doctors note to the nurse. The nurse will give you a copy of the doctor's note that you must give to your teacher.

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. You may ask your doctor if walking during the PE class would be "ok".**

Physical Fitness Tests:

Our physical fitness tests will be given throughout the year. The March test results are reported to our district and State. The physical fitness tests include:

- ★ Mile Run (Cardiovascular Fitness)
- ★ Modified Pull Ups (Muscular Strength)
- ★ Curl Ups (Muscular Endurance)
- ★ Sit and Reach (Flexibility)

PE Intervention:

Our PE department goal is to have 85% of our students pass the Mile Run on the State Test.

- Students who choose to give less than their best effort may be assigned a PE intervention.
- Students can make up a missed mile run during intervention.
- Students who fall short in dressing out properly for PE may be assigned PE intervention.
- Intervention will take place during **T-bird time**

For Your Safety:

Students are not allowed in any indoor or fenced area without an instructor.

No Food:

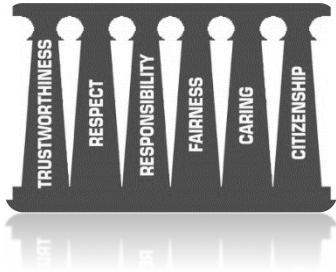
Do not leave any food, gum, candy or beverages in the locker room or gym.

No Glass:

Glass of any sort is not allowed in the gym or locker room areas.

Holding the Line:

Students must remain behind the red holding line until the second bell rings. Students who disregard this will be referred to the Student Service Cluster for "cutting class."



Lost and Found:

- Anything left in the locker room after PE will be placed in the lost and found.
- Students should not plan on leaving any backpacks or books in the locker room between classes or overnight.
 - Students can place their backpack on the ramp in the locker room should it not fit in their assigned locker.
 - Students should always lock valuable items in their locker. Items such as cell phones and wallets should not be left out.
- If a student cannot find his/her valuable items that were locked in his/her locker tell an instructor immediately.

Locker Room Procedures:

- ◆ PE lockers should only be used to store PE clothes and hygiene items.
- ◆ Do not reveal your combination to anyone.
- ◆ The locker room is off limits before school, at break and lunch.
- ◆ Students are not allowed in the locker room without staff supervision.
- ◆ Throwing items, horseplay and fighting will not be tolerated.
- ◆ No running in the locker room.

Cell Phones: One (1) warning will be given if a phone is out during class time. For the second offense, the student's phone will be sent to the Thunder Cluster. If sent to the Thunder Cluster a parent/guardian must pick up the cell phone from the Thunder Cluster. If a cell phone is out in the locker room, it will be immediately sent to the Thunder Cluster. A parent must pick up the phone if it is sent to Thunder.

T-Bird time is every Wednesday and Thursday for 50 minutes before lunch where students will have opportunities to sign up for either enrichment activities, extra help in subject areas of need, or a quiet place to work. We are starting slow and are going to help students through this, and we are super excited about what T-Bird time will allow for our students. If our students have to miss class for co-curricular events, they are able to sign up with those teachers to make up what they miss. If students are all caught up on their work or don't need extra help there may be opportunities for other fun enrichment activities. We truly believe that T-Bird time is going to benefit all of our students and cannot wait to get started.

