

# KINGSTON CITY SCHOOL DISTRICT PHYSICAL EDUCATION HANDBOOK GRADES 9-12

*Changing the Shape of Our Youth*

## **MISSION**

The mission of the Kingston City School District Physical Education Department is to encourage students to find enjoyment in movement, to seek and accept challenges, to reach beyond their perceived physical, emotional, and social limits. Through a variety of active experiences, students acquire personal life skills which include teamwork, fair play, tolerance, and an acceptance of individual differences in ability and culture.

## **NEW YORK STATE PHYSICAL EDUCATION STANDARDS**

1. Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.
2. Students will acquire the knowledge and ability to create and maintain a safe and healthy environment.
3. Students will understand and be able to manage their personal and community resources.

## **NATIONAL PHYSICAL EDUCATION STANDARDS**

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

## **PHYSICAL EDUCATION STAFF**

Physical education classes and adaptive physical education classes are taught by New York State certified physical education teachers.

**High School Staff:**

<b>Pool:</b>	<b>Joseph Leirey / Kathleen Burns</b>
<b>Tiger Fit:</b>	<b>Matt Urciuoli / Christine Ricketson</b>
<b>Outdoor Adventure and Adapted PE:</b>	<b>Keith VanRoy</b>
<b>KHS Fieldhouse:</b>	<b>Linda VanWagner / Christine Ricketson / Thomas Loughlin / Matt Johnson Joseph Cahill / Matt Urciuoli</b>

**PHYSICAL EDUCATION FACILITIES**

<b>Pool:</b>	25 yards, 6 lanes with starting blocks, and (2) one-meter diving boards
<b>Field House:</b>	Gymnasium, Fitness Center, Auxiliary Gym, Rock Wall, 4 Tennis Courts
<b>MJM Gymnasium:</b>	Auxiliary Gym
<b>Tobin Gym:</b>	Self-contained adapted PE facility with strength and cardio equipment as well as two Sportwalls

**KHS HIGH SCHOOL EXPECTATIONS****Class Attendance and Participation**

Students are required to attend and actively participate in physical education. Students will be engaged in all aspects of the lesson. Students will exhibit positive attitude toward all tasks and others. Students will strive for personal best. Students will follow all rules and directions.

**Personal and Social Responsibility**

The student will be respectful, supportive, and non-threatening to others. The student will conduct him/herself in a positive manner. The student will communicate in a manner that enhances the learning environment. The student will safely participate in activities and demonstrate self-control.

**Sportsmanship**

The student will demonstrate fair play and appropriate competitive behaviors. The student will encourage and support others. The student will be a gracious winner or loser. The student will work cooperatively with others.

**Skill Development**

The student will work towards competency or mastery of all skills. The student will demonstrate correct use of all skills, strategies, and rules. The student will accept and implement feedback in a positive manner.

## PHYSICAL EDUCATION REQUIREMENTS

Instruction in Physical Education is mandatory and has a value of one-half credit each year. Two full units of credit must be obtained in a four-year course of instruction to meet the requirements for graduation. One semester of swimming instruction is also required. Medical excuses from PE are handled on an individual basis through the grade level medical office. When a student is medically excused from physical education, a modified activity plan is put in place or written assignments are required in order to earn credit.

## GRADING POLICY

**Pool:** 95% of the swimming grade is earned during in-class participation. Pool is based on participation; therefore, students are expected to be in attendance, arrive on time, participate in all class activities, accept and implement feedback, demonstrate a positive attitude toward others, strive for personal best, and abide by all school and class rules. Failure to comply will result in point deductions of 1-5 points per class. 5% of the pool grade is earned by participating in an extra-curricular fitness activity and completing an exercise log.

**Field House:** 100% of the physical education grade is earned during class. Physical education is based on participation; therefore, students are expected to be in attendance, arrive on time, participate to their best ability, and abide by all school and gym rules. Students wearing sneakers and participating to the best of their ability without incident will receive full class credit. Students without sneakers are eligible to earn partial credit by walking. Failure to comply will result in point deductions of 1-5 points.

**MJM Fitness Center:** 95% of the MJM Fitness Center grade is earned during in-class participation. 5% is earned by participating in an extra-curricular fitness activity and completing an exercise log. Students are expected to be in attendance, arrive on time, participate to their best ability, and abide by all school and gym rules. Students wearing proper PE attire and participating to the best of their ability will receive full class credit. Failure to comply will result in point deductions of 1-5 points.

**Tobin Gym:** In Adapted PE, students are expected to participate in a highly modified program that allows for inclusion and success for all. Grading is based on a simple rubric. Students are evaluated in every class and given an appropriate score; please see below.

Score	
4	Mastery
3	Proficient
2	Emerging
1	Beginning
0	Non-Participating

**Outdoor Adventure:** OA is a PE elective that meets in room 009 of the main building. Most participants of the class are upperclassmen in good academic standing and have completed the PE department pool requirements. Students participate in numerous activities both inside and outside of the building as well as optional field experiences off campus. Full participation is required, and changing clothes will be required as needed. Grading is done through the use of a rubric as students are evaluated each class for understanding and mastery. Example of rubric:

Score	
4	Mastery
3	Proficient
2	Emerging
1	Beginning
0	Non-Participating

## MEDICALS

All medical notes must be given to the school nurse. A student on medical will be given either a modified activity or a written assignment.

A student returning from a concussion will follow the **5 Step Return to Play** policy set forth by the KCSD. Please see appendix for the **5 Step Return to Play** policy.

## PHYSICAL EDUCATION ATTIRE

**Pool:** Girls are encouraged to wear a one-piece bathing suit. Girls wearing a two-piece must wear a shirt/tank top over top. Boys must wear swim trunks with a liner attached. All boys and girls may wear a light-colored shirt over their suit. Girls may also wear shorts over their suit. **Appropriate swim suits and towels are supplied by the district for use.** Students are encouraged to wear goggles. (\* See description below)

**Field House:** Students are encouraged to change from their street clothes into proper gym attire; however; it is not mandatory. Students are expected to wear proper footwear which includes sneakers that are tied securely. The district dress code is in effect and enforced.

**MJM Fitness Center:** Students are encouraged to change from their street clothes into proper gym attire.

**\*An acceptable outfit includes:** T-shirt and/or sweatshirt, shorts or sweatpants, socks and sneakers tied securely. The district dress code is in effect and enforced.

**Tobin Gym:** The adapted students are not required to change for class. However, appropriate shoes and attire is recommended.

**Outdoor Adventure:** Students are required to change during the kayaking and rock climbing units. Appropriate footwear is always encouraged. Students will be aware of their apparel needs prior to each class.

## INTRAMURALS

Intramurals will be offered to boys and girls in grades 9-12 during select 9<sup>th</sup> periods. Specific information as to activities available and meeting dates will be announced during class.

Lifeguard Training is also offered in the spring. Please contact Coach Burns for further information. [kburns@kingstoncityschools.org](mailto:kburns@kingstoncityschools.org)

## **CLASS SCHEDULING**

All students must take physical education and be scheduled to a class. Physical Education classes are assigned by the guidance department. Students will be scheduled into a physical education class that meets three times in one week and two times in the subsequent week (A-Day/B-Day Schedule). Each class is 42 minutes in duration.

## **ADAPTIVE PHYSICAL EDUCATION**

Adaptive Physical Education is a specially designed program of developmental activities, games, sports, and rhythms that are suited to the interests, capabilities, and limitations of the students with disabilities. Students are assigned to adapted physical education by the Committee on Special Education (CSE) in accordance with the student's IEP (individualized education program).

## **INDEPENDENT PHYSICAL EDUCATION**

Here at KHS, the PE staff is dedicated to exposing students to a variety of different activities during the students' high school years. While we understand KHS has several academic paths for students to follow, we feel that not being enrolled in PE throughout the year is not only detrimental to one's health, but also to our school spirit. We do, however, understand there may be circumstances that may not allow some students much flexibility in their schedule and may need to use an independent study in PE to earn credit. Independent Study is also available for students who do not attend KHS during the regular school day. Such instances may include: studying abroad, medical circumstances, or otherwise appointed by Administration/PE Staff.

## HIGH SCHOOL PHYSICAL EDUCATION / FIELD HOUSE CURRICULUM

ACTIVITY	SKILL ASSESSMENT, STRATEGY, KNOWLEDGE	NYS STANDARDS	NASPE STANDARDS
Tigerball	Kick, Throw, Catch, Pass, Offensive & Defensive Strategies	1,2	1,2
Tennis	Forehand, Backhand, Serve, Doubles and Singles Strategies, Rules, Etiquette, Modified Games	1,2,3	1,2,5
Handball	Throw, Catch, Pass, Offensive & Defensive Strategies, Lead-Up Games	1,2	1,2,5
Weight Training / Cardio	Rules, Strategy, Cooperation, Sportsmanship	1,2,3	1,2,5
Recreational Games	Rules, Strategies, Cooperation, Sportsmanship	1,2,3	1,2,5,6
Badminton	Forehand, Backhand, Serving, Modified Games	1,2	1,2,5
Thunderball	Rules, Strategy, Sportsmanship, Agility	1,2	1,2,5
Tuff Turkey	Interval Training, Cardio Stamina, Personal Goal Setting	1,2	1,2,3,4,6
Floor Hockey / Broomball	Dribbling, Shooting, Offensive & Defensive Strategies	1,2	1,2,5
Volleyball	Bump, Set, Serve, Spike, Terminology, Rules	1,2,3	1,2,5
Yoga	Poses, Terminology, Transitions, Flexibility, Agility, Strength	1,2,3	1,2,5
Basketball	Pass, Catch, Shoot, Offensive & Defensive Strategies, Lead-Up Games	1,2,3	1,2,5
Circuit Training / Cardio	Safety, Personal Programs, Terminology, Lifting Technique	1,2,3	1,2,5
CrossFit	Balance, Core Strength, Strength, Agility, Coordination	1,2,3	1,2,5
Winter Olympics	Cooperation, Sportsmanship	1,2	1,2,5
Group Games	Strategies, Rules	1,2	1,2,5
Tchouckball	Rules, Offensive & Defensive Strategies, Passing, Catching	1,2	1,2,5
Wellness	Cardio, Personal Fitness, Nutrition, Strength, Flexibility	1,2,3	1,2,3,4,5,6
Superstars	Cooperation, Sportsmanship	1,2	1,2,5
Backyard Games	Rules, Strategy, Cooperation, Sportsmanship	1,2	1,2,5,6
Nitroball	Rules, Underhand Serve	1,2	1,2,5
Wiffleball	Striking, Catching, Throwing	1,2	1,2,5
Tennis	Forehand, Backhand Serve, Doubles and Singles Strategies, Rules	1,2,3	1,2,5
Paddleball	Forehand, Backhand Serve, Doubles and Singles Strategies, Rules	1,2	1,2,5
Cardio / Weight Training	Safety, Lifting Principles, Free Weights, Circuit, Personal Programs	1,2,3	1,2,3,4,5,6
Tiger 100	Cardio Stamina, Interval Training, Personal Goal Setting	1,2	1,2,3,4,6

## HIGH SCHOOL POOL CURRICULUM

ACTIVITY	SKILL ASSESSMENT, STRATEGY, KNOWLEDGE	NYS STANDARDS	NASPE STANDARDS
Water Orientation	Floating, Bobs, Gliding, Kicking, Comfort Level in Water	1,2	1,2,5
Freestyle	Rhythmic Breathing, Flutter Kick, Arms, Body Position	1,2	1,2
Backstroke	Arms, Flutter Kick, Body Position	1,2	1,2,5
Elementary Backstroke	Arms, Inverted Breaststroke Kick, Glide, Body Position	1,2	1,2,5
Sidestroke	Body Position, Scissors Kick, Arms, Glide	1,2	1,2,5
Breaststroke	Breathing, Arms, Breaststroke Kick, Glide, Timing	1,2	1,2,5
Deep Water Survival Skills	Treading Water, Survival Floating	1,2	1,2,5
Distance Swimming	Interval Training, 500-yard Swim	1,2	1,2,4,5
Diving	Jumping, Forward Dive	1,2	1,2,5
Water Games	Rules, Strategy, Sportsmanship, Cooperation	1,2	1,2,5
American Red Cross Adult CPR	Recognizing and responding to breathing and cardiac emergencies	1,2,3	1,2,5

## HIGH SCHOOL TIGER FIT CURRICULUM

ACTIVITY	SKILL ASSESSMENT, STRATEGY, KNOWLEDGE	NYS STANDARDS	NASPE STANDARDS
ICE Breakers	Team Building, Cooperation, Respect	2	5,6
Weight Training	Safety, Lifting Knowledge, Free Weights, Machines, Heart Rate-resting, max, target, personal program.	1,2,3	1,2,3
Fitness Testing	Presidential Fitness Test	1,2	2,4
Hockey: broom, scooter, floor	Stick work, Safety, Passing, Offensive & Defensive Strategy, Goaltending	1,2	1,2,5
Yoga	Poses, Terminology, Transitions, Flexibility, Balance, Agility, Strength	1,2,3	1,2
Kinetic Wellness	Walking, Personal Wellness, Map my Walk AP, Fitness Logs	1,2,3	1,2,5,6
Outdoor Recreational Games: Nitroball, Thunderball, Kan Jam, Four Square	Rules, Strategy, Cooperation, Sportsmanship	1,2	1,2

## HIGH SCHOOL OUTDOOR ADVENTURE CURRICULUM

ACTIVITY	SKILL ASSESSMENT, STRATEGY, KNOWLEDGE	NYS STANDARDS	NASPE STANDARDS
Wilderness Survival / First Aid	Scenarios, Hypothermia, Basic First Responder, Careers	1,2,3,	1,2,5
Fire Skills	Components, Flint and Steel, Camping Accelerants, Transfer	1,2	1,2
Water Collection / Filtering	Stills, Transpiration, Gravity Filters	1,2	1,2
Fishing	Spin Fishing, Fly Fishing, Opportunities	1,2,3	1,2,5
Archery	History, Safety, Technique Games, Top-Shot Challenges, Outside Opportunities	1,2,3	1,2,5
Kayaking	Techniques, Ingress, Egress, Strokes, Polo, King of the Pool, Outside Opportunities	1,2,3	1,2,5
Climbing	Different Styles, Safety Progressions, Knots, Line Switches, Self-Belay, Outside Opportunities	1,2,3	1,2,5
Urban Survival	Night Club Fire/Assault, Road Rage, Distracted Driving	1,2	1,2

## HIGH SCHOOL ADAPTED PHYSICAL EDUCATION CURRICULUM

ACTIVITY	SKILL ASSESSMENT, STRATEGY, KNOWLEDGE	NYS STANDARDS	NASPE STANDARDS
Developing Flexibility, Strength, and Endurance	Terminology, Flexibility, Balance, Agility, Strength, Community Opportunities	1,2,3	1,2,5
Cardiovascular Endurance	Cardio Stamina, Interval Training, Personal Goal Setting	1,2,3	1,2,3,4,5
Resistance Training	Safety, Lifting Principles, Free Weights, Circuit, Personal Programs	1,2,3	1,2,3,4,5
Traditional Team Activities: Basketball, Hockey, Soccer, Lacrosse, Mega Minton	History, Rules, Technique and Skill Development, Community Opportunities	1,2	1,2,5
Individual Activities: Bowling, Gymnastics, Dance, Tennis, Track and Field, Golf	History, Rules, Technique and Skill Development, Community Opportunities	1,2,3	1,2,5

Lifetime Activities: Horseshoes, Table Tennis, Shuffleboard, Chess, Aquatics	History, Rules, Technique and Skill Development, Community Opportunities	1,2,3	1,2,5
Cooperative Games: Ball Carries, Potato Sack Races, Knots, Pinguard, 3-Legged Race, Blind Ball Find, Hoop Circle, Stay Alive Beach Ball, Blind Obstacle Course	Team Building, Cooperation, Appropriate Communication	1,2	1,2,5
Cooperative Brain Teasers: Keypunch ABCs, Blind Keypunch, Low Line, Poison Water, Ball Carries	Team Building, Cooperation, Appropriate Communication	1,2	1,2,5
Fitness Testing	Goal Setting	1,2,3	1,2,5,6
Special Olympics	Organized Athletics Outside of School	1,2,3	1,2,5

## HIGH SCHOOL ADAPTED HEALTH AND WELLNESS / BRAIN POP CURRICULUM

ACTIVITY	SKILL ASSESSMENT, STRATEGY, KNOWLEDGE	NYS STANDARDS	NASPE STANDARDS
Substance Abuse: Smoking, Alcohol, Chewing Tobacco, Marijuana, Various Drugs	Risky Behavior, Peer Pressure, Physical Effects, Finding Help	1,2,3	1,2
Hygiene	Socially Acceptable Expectations, Strategies, Available Resources	1,2,3	1,2
Sex Education: Reproduction, Diseases, Birth Control, Peer Pressure	Risky Behavior, Peer Pressure, Physical Effects, Finding Help	1,2,3	1,2
Body Awareness: Bones, Muscles, Organs	Basic Anatomy	1,2	1,2



Name \_\_\_\_\_  
 School \_\_\_\_\_

Date of Injury \_\_\_\_\_  
 Date of RTP Clearance \_\_\_\_\_

Person Responsible for Return to Play Process: \_\_\_\_\_ Athletic Coach \_\_\_\_\_ PE Teacher  
 \_\_\_\_\_ Athletic Trainer

## KINGSTON RETURN TO PLAY / PE / RECESS PROTOCOL

### 5-STEP RETURN TO PLAY POLICY – GRADES 7-12

With no symptoms, a gradual return to play / PE program can be initiated. Follow these gradual steps of the training sequence. There should be 24 hours (or longer) in between each step. If any symptoms return at any time during these activities, stop the workout and allow rest until symptom-free for 24 hours. Return to the previous asymptomatic step.

	Date / Initial	Activity	Coach Comments
<b>Step 1:</b> <u>Light</u> general conditioning exercises. Goal is to slowly increase heart rate.		<b>Secondary:</b> Begin with some basic or sport specific warmup. Do 15-20 minutes of light cardio workout; stationary bike, fast walking, light job, galloping <70% HR 100-120	
**Nurse/Athletic Trainer Comments			
<b>Step 2:</b> <u>Moderate</u> general conditioning and sport specific individual skill work. Goal is to add movement.		<b>Secondary:</b> Sport or activity specific warmup. Slowly increase intensity and duration of workout to 15-25 minutes. Begin sport specific skill work without any spins, dives, or jumps. <80% HR 120-140	
**Nurse/Athletic Trainer Comments			
<b>Step 3:</b> <u>Heavy</u> general conditioning. Individual and team work. NO CONTACT. Goal is to add more movement laterally and increase speed.		<b>Secondary:</b> Continue with general conditioning up to 20 minutes for PE / 60 minutes for athlete. Increase intensity and duration. Begin skill work with partner and team without contact. Add basic dives, spins and jumps. <90% HR 140-160	
**Nurse/Athletic Trainer Comments			
<b>Step 4:</b> <u>Heavy</u> general conditioning, skill work and team drills. No live scrimmages. Very little contact. Goal is to add more individual and team skill work and light static contact.		<b>Secondary:</b> Resume regular conditioning and duration of practice. Increase the intensity of training and gradually increase skill level of all activities including dives, spins and jumps. Very light contact. No HR restrictions.	
**Nurse/Athletic Trainer Comments			
<b>Step 5:</b> <u>Full</u> participation in <u>Sport</u> Practice, PE, and Recess. Full contact.		<b>Secondary:</b> Participates in full return to <u>team practice</u> , PE class and recess. If full practice is completed with no symptoms, then return to competition is appropriate.	
**Nurse/Athletic Trainer Comments			

To be completed by coach / physical education teacher / athletic trainer in conjunction with the school nurse. After successful completion of the 5 steps, the Lead Nurse or Athletic Trainer will contact the Medical Director for final clearance.

Completed forms will go to the appropriate Lead Nurse for Medical Director to review.

**The Medical Director has final clearance.**

