

Hello Families!

My name is Chelsea Puchstein and I am the middle school PE/Health teacher this year for K12 Texas. Here are the answers to questions I receive frequently. 😊

Am I required to attend the Class Connect sessions for PE/ Health?

No, attendance to the CC sessions is optional. Although I would love for all of my students to attend class, you do not have to come. If you have another subject that needs your attention instead, by all means do that first. If you were unable to attend class live, there will be links to the recording available by 5pm on the day of the class.

If CC attendance is optional, then do I have to complete the offline work/teacher graded work samples/weekly PE Logs?

Yes! These assignments are REQUIRED. You will have one PE Log due PER WEEK. PE Logs are due one week later. If you turn them in late, then you will be expected to follow my late work policy. This is part of your grade!

What is the late work policy for middle school PE?

Late work policy – Survey closes on Wednesday. Teacher will accept a late PE log ONLY if the following components have been completed:

1. The highest grade you can receive is a 70%.
2. You must submit the hard copy of the log via email.
3. That specific week's OLS lesson must be complete.
4. You must complete an essay describing what your favorite activity from that week was and why. You also must explain whether the activity was anaerobic or aerobic and why.

Where do I find the links for the PE Log submission?

Links for the PE Log submission for the week will be emailed out to you on Friday. You will put in the information for that week and click submit. Please keep a screenshot of the confirmation screen that pops up. Also, make sure that you have the information from that week saved on a hard copy of some sort. This can be in Office 365 or on a simple piece of paper in a binder.

The link will also be available to you on the non-core website:

<http://txvacpuchstein.weebly.com/>

How can I access the Get Fit! Handbook for PE?

Here is the newest version:

<https://www.presidentschallenge.org/tools-resources/docs/getfit.pdf>

Here is the oldest version that is used in the OLS:

https://www.presidentschallenge.org/tools-resources/docs/getfit_old.pdf

Links are also available on the non-core website:

<http://txvacpuchstein.weebly.com/>

How do I know which lesson I should be doing in the OLS?

You should have received a course calendar at the beginning of the school year and you will continue to receive these throughout the year. You must follow that calendar. Do NOT follow your daily or weekly plan in the OLS. If you did not receive a course calendar, please email your homeroom teacher. The only exception to this rule is if you are a brand new student who is still in Strong Start, then you need to follow the calendar provided by Strong Start.

Do we have to do the PE activities listed in the student guide?

I understand that you may not always be able to perform every activity listed, however I do want for you to open up the guide and at least attempt the exercises that are listed.

Can I count dance, gymnastics, karate, baseball, basketball, football, cheerleading, etc for my PE time?

Yes! Keep a log of all of the physical activity that you perform each day and save the log. You will submit this information in your PE Log weekly.

How will we submit our PE logs and how will they be graded.

Your logs will be submitted weekly through your weekly PE Log link that is emailed to you. For your grade, I will simply take a percentage by adding up the minutes from the week, dividing your total minutes performed by the total expected minutes then I will multiply that by 100 to get a percentage. The grade will top out at 100%.

I am injured and cannot do the activities listed in the guide, what should I do?

Please speak with your doctor so that you can help you determine what activities you can do. You are still expected to complete 150 minutes of doctor approved physical activity weekly unless a doctor says otherwise. If you need further accommodations, please reach out to me and we can discuss this matter.

How many minutes of physical activity do I need to perform and how do I submit this information?

You will need to perform 150 minutes of physical activity weekly. It is preferred that you do 30 minutes a day for 5 days, but I understand that this is not always feasible.

I did not receive PE equipment from K12, why not?

If you are a returning student that had PE last year, then they expected you to keep the materials through the summer so that you could use them this year. If you sent in your materials or you are a new student and did not receive your equipment, then please contact K12 customer support at 866-512-2273.

I hope this has answered some of your questions😊. If you have any additional questions or concerns, please reach out to me via email or at 979-308-7298.

Sincerely,

Mrs. Puchstein