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## Fountain Valley High School Adapted Physical Education (APE)

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### Special points of interest:

- Hello from Nancy Martin
- Upcoming Activities
- Policies



Fitness is a focus in APE

### Hello from Adapted Physical Education...

Hello students and parents. I'd like to introduce myself...I am the new Adapted Physical Education (APE) teacher at FVHS.

I have a degree in Kinesiology from California State University Long Beach (CSULB) and hold credentials in Adapted Physical Education and General Physical Education from CSULB. I have been substitute teaching in

the Long Beach Unified School District for the last 3+ years while completing my coursework. Also, I was the Assistant Director and Counselor at Camp Nugget, a sports camp for children with special needs at CSULB for 3 years.

I am looking forward to working with you and I am available by phone, email and by appointment.

Please feel free to contact me with any questions or concerns.



APE is a CA State Standard based Physical Education curriculum with modifications

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### APE follows CA State Standards with modifications...

Standard 1:

**Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.**

Standard 2:

**Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.**

Standard 3:

**Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.**



## APE Units:

We have great activities planned for the year. For the first quarter, students will be in the Fitness Room on Mondays, using a variety of cardio equipment, and on the track every Friday. Our first unit is Weight Training in the FVHS weight room. Following are some of the units we will be covering:

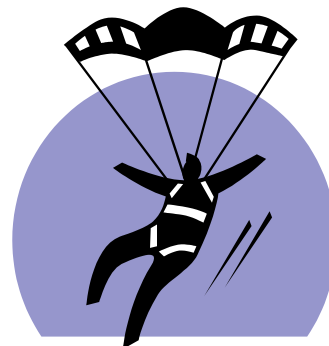
- Racquet Sports
- Football
- Softball
- Recreational Games
- Fitness
- Soccer

- Frisbee Activities
- Aquatics
- Non-traditional games

Each student's Individual Education Plan (IEP) goals will be addressed within APE units.

All units are aligned with CA State Content

Standards for high school.



**Fitness for life!**

*"The goal of  
Adapted Physical  
Education is to  
teach students the  
skills to prepare  
them for a lifetime  
of physical activity."*

## APE Expectations (Rules) and Consequences:

### Expectations (Rules):



- You are listening to directions
- You are keeping your hands, feet and other body parts to yourself

- You are participating actively in all activities
- You are being a good friend and showcasing good sportsmanship

### Consequences for not following Expectations:



- Warning
- Time Out
- Call/Note Home

## What to wear to APE...

I am very much looking forward to working with each and every Adapted Physical Education student. My expectations for students is that they will come to class each day in comfortable physical education attire and tennis shoes with a willing attitude to learn, participate, cooperate with peers and have fun!

### Dress Guidelines:

- Shirt should be plain white or gray (can purchase or bring from home)
- Shorts or sweats should be blue or gray
- Comfortable tennis shoes
- Exceptions for comfort or personal needs are no problem!



**Fitness is FUN!**

Be ready to be active in APE!

