

Expectations and requirements for Bismarck Public Schools

Freshman Physical Education

- _____ 1. The student will understand the benefits of regular physical activity and identify Components for maintain a lifetime of health and fitness. (Health related fitness, skill-related fitness, Frequency, Intensity, Time, Type) – 4 hours of classroom instruction.
- _____ 2. The student will understand the physiological principles governing fitness maintenance and improvement. (Aerobic/anaerobic exercise, overload, progression, specificity) – 1 hour of classroom instruction.
- _____ 3. The student will learn how to monitor and adjust activity levels to meet personal fitness needs. (Target heart rate zone, heart rate monitor technology).
- _____ 4. The student will gain knowledge on fitness self-assessment and result evaluation. (Fitness test – pacer, mile run/walk, pull-ups, bench press, sit and reach, sit-ups, step test, flexed arm hang, trunk flexion).
- _____ 5. The student will engage in activities to promote personal fitness. (walking, jogging, biking, elliptical machine, treadmills, stair master, weight lifting, Pilates, step aerobics, tae bo, games of low organization [ex. Ultimate football, matball] circuit training) Minimum of 2 hours per activity for a total of 36 hours of participation.
- _____ 6. The student will identify and accurately demonstrate specific skills required to play Basketball and volleyball (skills tests will be used for assessment).
- _____ 7. The student will engage in organized team play. (Basketball, volleyball, softball, soccer, STX Lacrosse, and pickleball) 4 hours of participation per activity: 24 total hours.
- _____ 8. The student will gain knowledge about the history and rules of Basketball, volleyball, soccer, and pickleball. (A written test will be used for assessment).
- _____ 9. The student will engage in a minimum of four hours of dance instruction demonstrating various dance positions and proper dance etiquette. (Partner, line, square, and social dancing will be included).
- _____ 10. The student will use the principles of teamwork to achieve a common goal.
- _____ 11. The student will exhibit responsible behavior in an activity setting. (Cooperation, rule following, sportsmanship, leadership).

“A” indicates requirement is appropriately addressed in submitted plan of study.

“NA” indicates requirement is not appropriately addressed in the submitted plan of study.

Documentation Checklist

Freshman Physical Education

- _____1. A log of all activities including the date, time spent, facilities used and expectations met.
- _____2. All written materials (reports, research, assessments, etc.) the student used to identify components for maintaining a lifetime of health and fitness and to understand the physiological principles governing fitness maintenance and improvement. (See #1 and #2 on expectations and requirements document).
- _____3. A document showing the students use of target heart rate, including how it was monitored and adjusted to meet personal fitness needs.
- _____4. A copy of all fitness assessment results.
- _____5. A copy of all skill assessments used (Basketball & Volleyball).
- _____6. A copy of the written tests in basketball, volleyball, soccer and pickleball.
- _____7. Examples of the student's use of the principles of teamwork and his/her ability to exhibit responsible behavior in an activity setting.