

Expectations and requirements for Bismarck Public Schools

Sophomore Physical Education

- _____1. The student will describe several different self-management skills and explain how to use those skills for living a healthy lifestyle. 1.5 hours of classroom instruction.
- _____2. The student will describe three types of nutrients that provide energy, explain why vitamins, minerals and water are necessary for good health, and describe how to use MyPyramid (explain how it can help plan healthy eating).
- _____3. The students will be able to explain how reading food labels can help make healthy choices, and use FIT formula to meet nutritional needs.
- _____4. The student will learn how to monitor and adjust activity levels to meet personal fitness needs. (Target heart rate zone, heart rate monitor technology).
- _____5. 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).
- _____6. The student will engage in activities to promote personal fitness. (Walking, jogging, biking, elliptical machine, treadmills, Stairmaster, weight lifting, circuit training, fitness classes [yoga, Pilates, cycling, step aerobics, tae bo, swimming]). Minimum of 2 hours per activity for a total of 36 hours of participation.
- _____7. The student will identify and accurately demonstrate specific skills required to play softball. (Skills tests will be used for assessment).
- _____8. The student will engage in organized team play. (Basketball, volleyball, softball, STX lacrosse, badminton, soccer, broomball, table tennis, and games of low organization [ex. Ultimate football, matball]). 32 hours of participation per activity: 32 total hours.
- _____9. The student will gain knowledge about the history and rules of softball, STX lacrosse, and badminton (a written test will be used for assessment).
- _____10. 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).
- _____11. The student will use the principles of teamwork to achieve a common goal.
- _____12. The student will exhibit responsible behavior in an activity setting. (Cooperation, rule following, sportsmanship, and 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 Sophomore 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. (See #1, #2, and #3 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 softball skill assessments used.
- _____6. A copy of the written tests in softball, STX lacrosse, and badminton.
- _____7. Examples of the student's use of the principles of teamwork and his/her ability to exhibit responsible behavior in an activity setting.