

Expectations and requirements for Bismarck Public Schools

Junior Physical Education

- _____1. The student will learn how to monitor and adjust activity levels to meet personal fitness needs. (Target heart rate zone, heart rate monitor technology).
- _____2. The student will gain knowledge on fitness self-assessment and result evaluation. (Fitness tests – pacer, mile run/walk, pull-ups, bench press, sit and reach, sit-ups, step test, flexed arm hang, trunk flexion).
- _____3. The students will engage in activities to promote personal fitness. (Walking, jogging, biking, elliptical machine, treadmill, Stairmaster, weight lifting, Pilates, step aerobics, tae bo, games of low organization [ex. Matball, ultimate football], circuit training). 1 hour per activity: 12 total hours.
- _____4. The student will complete the American Heart Association CPR for Schools course.
- _____5. The student will gain knowledge in the following drug topics: alcohol, cocaine/crack, heroin, inhalants, marijuana, steroids, tobacco, and methamphetamines. The student will put together a presentation on one of the drug topics. Technology should be used with use of the Internet, library skills, pamphlets, magazines, newspapers, etc. (Some type of audio visual aid is required: posters, overhead, PowerPoint, etc.) A 10 to 15 minute presentation along with a bibliography with three or more sources and a typed outline of the presentation will be included. Five hours of class time is allotted.
- _____6. The student will identify and accurately demonstrate specific skills required to play softball, volleyball, bocce ball, golf, basketball, eclipse ball, badminton, soft tennis, and horseshoes.
- _____7. The student will engage in organized team play. (Softball, volleyball, bocce ball, golf, basketball, broomball, eclipse ball, badminton, soft tennis, and horseshoes). 3.2 hours of participation per activity: 32 hours of total participation.
- _____8. The student will gain knowledge about the history and rules of CPR, golf, horseshoes, and table tennis (a written test will be used for assessment for all of these activities).
- _____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, 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 Junior Physical Education

- _____1. A log of all activities including the date, time spent, facilities used and expectations met.
- _____2. A document showing the student's use of target heart, including how it was monitored and adjusted to meet personal fitness needs.
- _____3. A copy of all fitness assessment results.
- _____4. A copy of the student's Heartsave CPR Card
- _____5. A copy of the written tests in CPR, golf, table tennis, and horseshoes.
- _____6. All materials used (research, report, PowerPoint, poster board, etc.) to gain knowledge on the drug topics. (See #5 on the Expectations and Requirements document.
- _____7. Examples of the student's use of the principles of teamwork and his/her ability to exhibit responsible behavior in an activity setting.