

Expectations and requirements for Bismarck Public Schools

Senior Physical Education

- _____1. The student will learn how to monitor and adjust activity levels to meet personal fitness needs. (Target heart rate zone).
- _____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 use fitness test results to prepare a written exercise program based on their current fitness level needs. Each individual program will be designed for lifetime use based on the health-related fitness components.
- _____4. The student will gain knowledge of the facilities available in the community for leisure time activities. (Bowling alley 4 hours, exercise trails 3 hours, sand volleyball courts 2 hours, tennis courts 4 hours, Capital Racquet and Fitness Center 4 hours, YMCA 2 hours, softball diamonds 3 hours, Frisbee golf course 2 hours, golf courses [9 holes], horseshoe pits 1 hour, ice skating rinks 1 hour, sledding hill 1 hour).
- _____5. 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).
- _____6. The student will engage in organized team play. (Team handball, pickleball, broomball, eclipseball, volleyball, badminton, tennis, softball, speedball, and basketball) 4 hours per activity: 40 hours total participation.
- _____7. The student will use the principles of teamwork to achieve a common goal.
- _____8. 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 Senior 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 personal written exercise program that is based on their current fitness level and that is designed for lifetime use.
- _____5. Examples of the student's use of the principles of teamwork and his/her ability to exhibit responsible behavior in an activity setting.