

BCSC Physical Education Waiver Assessment (first time)

Students participating in the PE Waiver program are expected to meet the state physical education standards and objectives, preparing each student for a lifetime of personal physical fitness. Completing an acceptable BCSC PE Waiver assessment (Categories 1, 3, and 4), by the specified benchmarks, is mandatory in order for the student to receive a passing grade for their participation in the BCSC PE Waiver program.

Student assessment benchmarks for PE Waiver semester (see following documents):

- 1) Progress Report 1
4 Journal Reflections Complete
- 2) 9 Weeks
8 Journal Reflections Complete
- 3) Progress Report 2
12 Journal Reflections Complete

Journal reflections represent in-depth thought and applications of learning throughout the semester toward a goal of lifelong physical fitness.

Water Safety Requirement:

Waiver student needs to complete one of the six options.

- 1) Three days of swimming during PE class as arranged with PE instructor and/or demonstration of mastery of basic water safety skills as assessed by PE instructor.
- 2) Video tutorial and reflection completion.
- 3) Member of the high school swim team.
- 4) Have an active certification as a lifeguard through a qualified certifying body.
- 5) Have an active certification as a water safety instructor through a qualified certifying body.
- 6) Have a swimming/water safety certification through a qualified certifying body.

Standard 1

Motor Skills and Movement Patterns

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

Standard 2

Movement Concepts

Students demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3

Physical Activity

Students participate regularly in physical activity.

Standard 4

Health-Enhancing Physical Fitness

Students achieve and maintain a health-enhancing level of physical fitness.

Standard 5

Responsible Personal and Social Behavior

Students exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6

Value of Physical Activity

Students value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Habits of the Mind images connected with each journal reflection – refer to appendix

PE WAIVER STANDARDS ASSESSMENT

Journal Reflections

Standard 1 Focus: **Motor Skills and Movement Patterns**

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

Journal Reflection #1 – Explain how your participation in your waiver activity demonstrates your personal ability to complete specific motor or movement-related skills at an advanced level.

6. Striving For Accuracy and Precision



Journal Reflection #2 – How do you plan to continue to use your motor or movement skills to enhance your personal level of physical fitness throughout your life?

8. Applying Past Knowledge to New Situations



Standard 2 Focus: **Movement Concepts**

Students demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Journal Reflection #3 – Analyze your participation in your waiver activity in terms of the movement concepts. Research as necessary, to explore and explain the impact of physics and/or human anatomy on movement patterns and how they affect your personal performance. NOTE: Be sure to make a scientific connection through examples about your movements in your waiver activity.

7. Questioning and Posing Problems



Journal Reflection #4 – After your journal reflection #3, what areas of your sport/activity are weaknesses for you? Reflect on specific physical fitness skills that you could improve on and write at least one personal SMART goal to achieve improvement in that area. NOTE: View the provided SMART goal resource to successfully write your journal.

4. Thinking Flexibly



Standard 3 Focus: **Physical Activity**

Students participate regularly in physical activity.

Journal Reflection #5 – Throughout this PE Waiver you are expected to participate in regular physical activity. Use the FITT principle to qualify your specific waiver activity to ensure that you are meeting the necessary elements for personal fitness. NOTE: Read the attached FITT resource to help you write the individual components of the FITT principle for YOUR OWN personal waiver activity. NOT, the guidelines in the resource.



Journal Reflection #6 –Performance in physical fitness activities is affected by nutrition and chemical substances. Spend a week considering your food and water intake. Be mindful each day of how you felt during your practice/performance related to your nutrition choices. Reflect on how those choices affect your own personal fitness and performance.



Standard 4 Focus: **Health-Enhancing Physical Fitness**

Students achieve and maintain a health-enhancing level of physical fitness.

Journal Reflection #7 – Health-enhancing physical fitness includes an emphasis on each of the five health-related physical fitness components (cardiovascular endurance, body composition, muscular strength, muscular endurance, and flexibility). Reflect on your participation in your waiver activity and give examples of the connection to the five health-related fitness components.



Journal Reflection #8 – A major component of health-enhancing physical fitness is the ability to identify and evaluate personal physiological responses to exercise. Calculate (http://exercise.about.com/cs/fitnesstools/l/bl_THR.htm) your personal target heart range zone. Spend five days taking (<http://www.cchs.net/health/health-info/docs/0900/0984.asp?index=5508>) and recording your pre-exercise heart rate, exercise heart rate, and recovery heart rate (after 10 minutes of activity). Reflect on the demands of your sport/activity, do they require you to work hard enough to be in your target heart range zone? If necessary, how would you need to adjust your activity to meet your target heart rate?



Standard 5 Focus: **Responsible Personal and Social Behavior**

Students exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Journal Reflection #9 – Evaluate the potential physiological risks associated with your participation in waiver activity. Identify those risks and the measures taken to ensure your safety.

13. Taking Responsible Risks



Journal Reflection #10 – Relate the benefits of physical activities to social and emotional well-being. Reflect on your sport or activity and its social implications. How do the social aspects of your participation affect you?

5. Thinking About our Thinking (Metacognition)



Standard 6 Focus: **Value of Physical Activity**

Students value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Journal Reflection #11 – Reflect on your personal reasons for choosing to participate in selected physical activities (any or all). Explain two or more of these specific reasons you are participating in your waiver activity.

12. Responding with Wonderment and Awe



Journal Reflection #12 – Describe your personal benefits from participation in selected physical activities.

3. Listening To Others—With Understanding and Empathy

