

BCSC Physical Education Waiver Assessment (second 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 second time) PE Waiver semester (see following documents):

- 1) Progress Report 1
Evaluation of personal fitness level
- 2) 9 Weeks
Creation of personal lifetime fitness plan
- 3) Progress Report 2
Advocacy for the importance of a lifetime of physical fitness

Water Safety Requirement:

It is met through the completion of a first time BCSC PE Waiver. There is no additional water safety requirement.

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.

PE WAIVER STANDARDS ASSESSMENT
Individual Fitness Projects

Project 1: Evaluation of Personal Fitness

Standards xxx

Use blahblah website to track BMI, body fat %, nutrition, heart rate, etc.

Project 2: Creation of personal lifetime fitness plan

Standards xxx

Attach expectations here

Project 3: Advocacy for the importance of a lifetime of physical fitness

Standards xxx

Attach expectations / journal thoughts