**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