Student Name: Student ID:

**EVERETT SCHOOL DISTRICT**

**PHYSICAL EDUCATION**

**CREDIT RECOVERY PACKET 3**

(For students completing their third PE Credit Recovery credit.)

**Washington State Physical Education**

**Standards Checklist**

 **The following document explains how each portion of the credit recovery activity connects to a Washington State Physical Education learning standard.**

**Physical Education Standard 1:** *Students will demonstrate competency in a variety of motor skills and movement patterns.* (Met by participating in your self-selected activity*)*

**Physical Education Standard 2**: *Students will apply knowledge of concepts, principles, strategies and tactics related to movement and performance.* (Met by participating in your self-selected activity and Credit Recovery Packet 1: Individual Fitness Plan)

**Physical Education Standard 3:**  *Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.* (Met by Credit Recovery 1: Individual Fitness Plan and Credit Recovery 2: Fitness for a Lifetime program)

**Physical Education Standard 4:** *Students will exhibit responsible personal and social behavior that respects self and others*. (Met by participating in your self-selected activity)

**Physical Education Standard 5:** *Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.* (Met by participating in your self-selected activity and Credit Recovery Packet 2: Fitness for a Lifetime program)

**EVERETT SCHOOL DISTRICT**

**PE Credit Recovery Packet 3: Cognitive Assessment**

Total Score /45 points

Concepts of Physical Education

Multiple Choice (select one answer)

1. Which of the following static stretching programs would best maintain or improve the overall flexibility of a student? (1 pt.)
* A. Fifty to sixty minutes, once a week
* B. Twenty to thirty minutes, once a week
* C. Five to ten minutes, three days a week
* D. Fifteen to thirty minutes, seven days a week

Multiple Choice (select one answer)

1. Which of the following routines represents the most appropriate form of exercise that a person should participate in at the beginning of a fitness program? (1 pt.)
* A. Vigorous aerobic dance three times a week
* B. Brisk walking for thirty minutes three times a week
* C. Running three to five miles two times a week
* D. Swimming for one hour five times a week

Multiple Choice (select three answers)

1. Identify *three* benefits of the warm-up phase of a workout. (3 pts.)
* A. Prevent injuries by increasing blood flow to the muscles
* B. Increase body temperature
* C. Stretch large body muscles to increase elasticity
* D. Decrease heart rate

Short Answer

1. Create a cardiorespiratory endurance plan for a sedentary teen, using the FITT principle that would support improvement for this component. (4 pts.)

Component of Health-Related Fitness—Cardiorespiratory Endurance

Frequency:

Intensity:

Time:

Type:

Multiple Choice (select one answer)

1. Which example best demonstrates the principle of specificity? (1 pt.)
* A. Push-ups to gain flexibility
* B. Pull-ups to decrease body fat
* C. Bicep curls to increase muscular strength in biceps
* D. Repetitions of heavy weights to increase muscular endurance

Short Answer

1. A thirty-two-year-old accountant spends much of the day working at the computer. The accountant's body fat percentage is approaching the healthy level for their age. They take a twenty-minute walk, three days a week, but are not training in their target heart-rate zone. (3 pts.)
* Identify ***two*** changes the accountant needs to make that would increase intensity and improve the current fitness level for cardiorespiratory endurance.
* Explain how those changes impact cardiorespiratory health.

Change 1:

Change 2:

Explain how those changes impact cardiorespiratory health:

Multiple Choice (select one answer)

1. How could a weight lifting program, focused on muscular endurance, impact body composition? (1 pt.)
* A. Increase body fat percentage
* B. Decrease body fat percentage
* C. No impact on body fat percentage
* D. None of the above

Short Answer

1. Discuss two benefits of physical activity achieved by participating in a regular fitness program after graduation. (2 pts.)

Benefit 1:

Benefit 2:

Multiple Choice (select one answer)

1. Which of the following strategies should be used when returning to a workout program after an extended illness? (1 pt.)
* A. Return at a lower level of intensity.
* B. Return at the same level of intensity.
* C. Return at a higher level of intensity.
* D. None of the above.

Short Answer

1. Specificity, along with rest and recovery, are two training principles that are an important part of any fitness program. Choose *two* of the remaining training principles and explain the role of each in a fitness plan. (4 pts.)

Training principle 1:

Role in exercise program:

Training principle 2:

Role in exercise program:

Short Answer

1. A 26-year-old, with a poor diet, has not exercised since high school. The results of a fitness evaluation suggest an unhealthy range in all of the components of health-related fitness. (3 pts.)

Explain one physical, mental, and professional benefit that an effective, consistent muscular endurance fitness plan would provide.

Physical benefit:

Mental benefit:

Professional benefit:

Multiple Choice (select two answers)

1. Which *two* of the following risk factors would lead a person to seek medical guidance before starting a fitness program? (2 pts.)
* A. Asthma
* B. Food allergy
* C. Common cold
* D. Concussion

Short Answer

1. Explain why the push-up test is muscular strength for some students and muscular endurance for others. (2 pts.)

Short Answer

1. Name two activities that specifically promote flexibility. (2 pts.)

Activity 1:

Activity 2:

Short Answer

1. Describe two benefits of maintaining a fitness log. (2 pts.)

Benefit or reason 1:

Benefit or reason 2:

Multiple Choice (select one answer)

1. Which best describes the process that should be followed when creating a fitness goal? (1 pt.)
* A. Overload, specificity, progression
* B. Assessment scores, activities, timeline
* C. Strategy, technology, safety
* D. Collaboration, activities, diminishing returns

Multiple Choice (select two answers)

1. Which two of the following pieces of information is essential for a person to know before setting personal fitness goals? (2 pts.)
* A. Past level of fitness
* B. Current level of fitness
* C. Fitness score is approaching healthy standard
* D. No fitness scores

Short Answer

1. Analyze the following fitness testing scores. (4 pts.)
* Choose two areas that need to improve.
* For each of the two areas chosen, provide one suggestion, using the FITT Principle, that may help improve that particular area.

| Assessment Area | Wade’s Score | Minimum Health-Related Standard |
| --- | --- | --- |
| Sit-and-reach (inches) | 6 | 8 |
| Curl-ups | 20 | 24 |
| Push-ups | 11 | 16 |
| Pacer run | 54 | 51 |

One area that needs to improve:

One suggestion for improvement:

Another area that needs to improve:

One suggestion for improvement:

Short Answer

1. Select *two* activities from the list below. Identify one safety concern for each activity and explain how you would demonstrate safe participation. (4pts)
* Biking
* Swimming
* Jogging/running
* Sport activity

1st Activity:

Concern:

Explanation:

2nd Activity:

Concern:

Explanation:

Short Answer

1. Identify one component of skill-related fitness that is directly connected to standing long jump and explain why. (2 pts.)

Component of skill-related fitness:

Explanation:

**Goal Checked by mentor:**

\_\_\_\_\_\_ initial \_\_\_\_\_\_ date

**Hours logged checked by mentor:**

\_\_\_\_\_\_ initial \_\_\_\_\_\_ date

**PE ACTIVITY LOG FOR CREDIT RECOVERY**

**Health and Fitness Standard:** Develop and Monitor progress on personal fitness goals.

Safely participate in a variety of appropriate physical activities.

**Goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*Supportive Questions for your goal*

**What activities are you going to do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Fitness Component (FC)**

* Muscle Endurance (ME) (repeat movement without stopping)
* Muscle Strength(MS) (lift,push,pull in a short bursts)
* Cardio-Respiratory (CR)(long periods of activity)
* Flexibility (F) (stretching)

Apply fitness components to each goal in the “FC” column of the Activity Log on back.

**How will you know you’ve reached your goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Log Activity on back**

***Fuel Education PE Credit Recovery Course “S” + 20 hours = .5 credit***

***Maximum 60 minutes per day***

**Example 1: General Fitness Goal**

**Goal**: *I want to increase my physical activity to 5 hours/week.*

*Supportive Questions for your goal:*

**What activity are you going to do***? I will actually get out and walk around my neighborhood for 1 hr, 5-6 days/week.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Activity** | **FC** | **Minutes** | **Running Total** |
| **9/22/14** | **Walking to Forest Park** | **CR** | **60**  | **60 minutes** |
| **9/23/14** | **Bike Ride with Family** | **CR** | **30** | **90 minutes** |

**How will you know you’ve reached your goal?** *If I actually do it every day. (I’m doing nothing now)*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Activity** | **FC** | **Minutes** | **Running Total** |
| **10/27/2014** | **Yoga Class at YMCA** | **F** | **60** | **60 minutes** |
| **11/2/2014** | **Elliptical machine at the YMCA** | **CR** | **30** | **90 minutes** |

**Example 2: Area Specific Goal**

**Goal*:*** *Increasing my flexibilty to fully participate in a class.*

*Supportive Questions for your goal*

**What activity are you going to do?** *Yoga class at the YMCA.*

**How will you know you’ve reached your goal?** *By the 6th class, if my flexibility has increased, I’ll complete the class without stopping.*

**Frequently Asked Questions**

**Q: How many hours should be logged?** A: 20 hours for PE Credit Recovery Course. Max 1 hour per day.

**Q: When/How do I begin?** A: Write a goal, and have it checked by your mentor. Then, begin moving and logging hours today! **Need ideas for activity?** View a full list at www.presidentschallenge.org/challenge/activities.shtml

**Q: What if I’ve reached my goal but need more hours?** A: Write a new goal on a new log, log more hours as you reach your goal.

**Q: What if I don’t reach my goal and have logged my hours?** A: Write an honest reflection and adjust your goal for next time.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Activity** | **FC** | **Minutes** | **Running total** | **Date** | **Activity** | **FC** | **Minutes** | **Running Total** |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | **Total minutes:** | **Total hours:** |

**Q: What do I do with a completed log?** A: Give to your mentor ASAP.

***Adult Contact for Verification***

*Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*This person can verify the accuracy of this fitness log.*

**Reflection:** *Supportive questions for reflection to be completed after goal is obtained or hours achieved, whichever comes first.*

**What are you pleased with?**

**What do you want to improve on? How will you improve?**