

# EVERETT SCHOOL DISTRICT PHYSICAL EDUCATION CREDIT RECOVERY PACKET 2

(For students completing their second 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 2: Cognitive Assessment

#### Fitness for a Lifetime Exercise Program Evaluation

The goal of this assignment is to broaden your knowledge of other exercise opportunities aside from the sport or activity you are participating in currently. You will be evaluating three self-selected local exercise programs that you think you would enjoy beyond your high school experience. If you will be living in a different location in the near future, do your research around that location. This search can be broad in nature. Maybe you want to learn karate, yoga, or dance. This can be any type of gym or exercise program that you think you would enjoy and want to continue with as a regular form of exercise.

##### Exercise Program 1:

Name of Gym or Exercise Program: \_\_\_\_\_

Location: \_\_\_\_\_

How far is it from you in miles?: \_\_\_\_\_

What is the monthly cost? \_\_\_\_\_

Web Address: \_\_\_\_\_

What type of barriers do you see with this exercise program that you think may prevent you from attending? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are the characteristics of the exercise program that you think would be enjoyable to you?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If your exercise opportunity is a multi-purpose gym what classes are offered there that you think you would enjoy aside from simply weight training?

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Does the fitness activity provide opportunities for social interaction? Describe the type of social interaction you think would be at the location. Do you think this is an important element when evaluating an exercise program and why?

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**Exercise Program 2:**

Name of Gym or Exercise Program: \_\_\_\_\_

Location: \_\_\_\_\_

How far is it from you in miles?: \_\_\_\_\_

What is the monthly cost? \_\_\_\_\_

Web Address: \_\_\_\_\_

What type of barriers do you see with this exercise program that you think may prevent you from attending? \_\_\_\_\_

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What are the characteristics of the exercise program that you think would be enjoyable to you?

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If your exercise opportunity is a multi-purpose gym what classes are offered there that you think you would enjoy aside from simply weight training?

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Does the fitness activity provide opportunities for social interaction? Describe the type of social interaction you think would be at the location.

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**Exercise Program 3:**

Name of Gym or Exercise Program: \_\_\_\_\_

Location: \_\_\_\_\_

How far is it from you in miles?: \_\_\_\_\_

What is the monthly cost? \_\_\_\_\_

Web Address: \_\_\_\_\_

What type of barriers do you see with this exercise program that you think may prevent you from attending? \_\_\_\_\_

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What are the characteristics of the exercise program that you think would be enjoyable to you?

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If your exercise opportunity is a multi-purpose gym what classes are offered there that you think you would enjoy aside from simply weight training?

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Does the fitness activity provide opportunities for social interaction? Describe the type of social interaction you think would be at the location.

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### Exercise Program Evaluation Continued:

**Option A Practical Application:** Call or stop by one of the exercise facilities you are interested in and see if they would be willing to let you come and observe or take a class. Introduce yourself and let them know you are doing an Everett School District Physical Education community outreach assignment. Communicate to them that one of your assignments is to find a fitness opportunity in your local area that you would like to take part in. In a typed written response describe your experience as a whole.

**Option B Self-Reflection:** In a typed written response, reflect on your high school athletic experience and how it will continue to be a part of your lifetime of physical activity. Give examples of ways you can participate in your activity or sport when leaving high school. Consider community exercise events as an option to continue your participation in your sport. If you are playing your sport in college include other ways you could find this activity if you were not a collegiate athlete.

## PE ACTIVITY LOG FOR CREDIT RECOVERY

**Health and Fitness Standard:** Develop and Monitor progress on personal fitness. Safely participate in a variety of appropriate physical activities.

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

**Goal Checked by mentor:**

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

**Hours logged checked by mentor:**

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

Supportive Questions for your goal

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

**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.

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

**Example 2: Area Specific Goal**

**Goal:** Increasing my flexibility 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 6<sup>th</sup> class, if my flexibility has increased, I'll complete the class without stopping.

### 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 \_\_\_\_\_

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

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

### 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](http://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.

[illegible]



What do you want to improve on? How will you improve? \_\_\_\_\_

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