

PHYSICAL EDUCATION KNOWLEDGE PACKET 2

For students completing their 2nd non-activity-based competency credit for PE.



Washington State Physical Education Standards Checklist

The following document explains how each portion of the knowledge 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 completing the Sport/Activity Analysis and Individual Fitness Plan in packet 1)

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 completing Individual Fitness Plan in packet 1 and completing Fitness for a Lifetime program in packet 2)

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 completing the Sport/Activity Analysis in packet 1 and Fitness for a Lifetime program in packet 2)



**Application for Competency-Based Program to Meet
Non-Activity-Based Physical Education Credit Requirement**

Student Information

Name _____ Student # _____
School _____ Grade 9 10 11 12
Address _____
(Street, City, Zip)
Phone _____
Reason applying for program: _____

I wish to meet the PE requirement through non-activity-based competency credit. I understand that if I do not complete the documentation or reflection, I will either need to repeat the process or take a PE course for credit. I understand this process will fulfill a .5 PE credit requirement for graduation. I understand that per the Washington State Board of Education: *The physical education requirement is a core subject area requirement that may not be waived. Individual students may be excused locally from participating in the fitness portion of physical education "on account of physical disability, employment, religious belief, or because of participation in directed athletics or military science and tactics or for other good cause."* (RCW 28A.230.050). WAC 180-51-067, WAC 180-51-068, and WAC 180-51-210, clarify that such excused students shall be required to demonstrate proficiency/competency in the knowledge portion of the physical education requirement.

Student Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

The non-activity-based competency credit for physical education may only be completed with prior approval by principal.

Principal Signature _____ Date _____

To be completed upon submission of this packet

- The student has successfully completed the knowledge portion to earn .5 credit of the PE requirement.

Principal Signature _____ Date _____



PE Knowledge 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?

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? _____

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? _____

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?

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

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? _

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?

Does the fitness activity provide opportunities for social interaction? Describe the type of social interaction

you think would be at the location. _____

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.