

Bridgewater Raritan High School Physical Education- OPTION II

There are two parts to Option II: Activity Log and Journal. These are explained below.

Once approved, students are responsible for keeping track of hours and presenting all documentation to their assigned Physical Education Teacher weekly.

All forms must be turned in by 2:00pm each Monday.

- Students are responsible for meeting the minimum of **150 minute per week** (Mon-Sun activity) Extra minutes cannot be carried over to the next week.
- Documenting physical activity on the **LOG FORM** as well as explaining the link to the Content Standards in their **JOURNAL**.
- Students will receive a grade of **“P” or “U”** at the end of each quarter.
- **Two late or missing forms in a marking period will result in failure AND RETURN TO PHYSICAL EDUCATION CLASS FOR THE REMAINDER OF THE YEAR**
- In case of injury, sickness or the inability to participate in any physical activity, a doctor's note will be required and must be presented to the school nurse and the Physical Education Teacher in order for the student to be excused from activity. However, an alternate assignment may be assigned. (Parental notes for illness will not be accepted to excuse students from their activity.)

Procedure for Completing Logs and Journals

- **ACTIVITY LOGS:** Students are **responsible for obtaining a signature** for every week they participate in an outside activity from their coach or advisor. This signature will verify the time requirement.
- **JOURNALS** Weekly Journals must include 2 entries per week. Each entry should be a minimum of two paragraphs, 7 sentences per paragraph that are the coherence of ideas among sentences. Please follow common conventions for grammar, punctuation, spelling, and structure. Journal entries should support how the activity promotes the Content Standards as given to you by your guidance counselor.
- The assigned Physical Education teacher will also sign the log to verify that your journal entries reflect completion of the NJCCCS.
- Shortened school weeks do not alter the minimum 150 minute per week requirement.. Example: Thanksgiving break.
- When school is closed for an entire week, students are not responsible for fulfilling their Option II obligation.
- Parent/guardian and students have sole responsibility for student learning, academic progress, liability and submitting the proper documentation on the dates required.
- Any documentation that has been **forged, plagiarized** or **cannot be verified** by the coach or advisor **will result in a “U”** for the marking period AND **RETURN TO PHYSICAL EDUCATION CLASS FOR THE REMAINDER OF THE YEAR**
- Physical Education teacher will put an INCOMPLETE in Power School for ONE late journal, although not your final grade. Teachers may put in comments that will contain important information about you assignment.s ...it is **YOUR** responsibility to read them.
~Below are the Core Content Standards for Physical Education and the Cumulative Progress Indicators (CPI) for each Standard.

~Please pick a Standard and CPI for each journal entry. Please use a variety of CPI's throughout the marking period.

STANDARD

2.5 Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle

Cumulative Progress Indicators

A. Movement Skills and Concepts

2.5.12.A.1 Explain and demonstrate ways to transfer movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).

2.5.12.A.2 Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.

2.5.12.A.3 Design and lead a rhythmic activity that includes variations in time, space, force, flow, and relationships

B. Strategy

2.5.12.B.1 Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.

2.5.12.B.2 Apply a variety of mental strategies to improve performance.

2.5.12.B.3 Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness

C. Sportsmanship, Rules, and Safety

2.5.12.C.1 Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.

2.5.12.C.2 Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.

2.5.12.C.3 Determine the current impact of globalization and technology on the development of, participation in, and viewing of games, sports, dance, and other movement activities, and predict future impact

STANDARD

2.6 Fitness: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.

Cumulative Progress Indicators

A. Fitness and Physical Activity

2.6.12.A.1 Compare the short- and long-term impact on wellness associated with physical inactivity.

2.6.12.A.2 Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principles.

2.6.12.A.3 Determine the role of genetics, gender, age, nutrition, activity level, and exercise type on body composition

2.6.12.A.4 Compare and contrast the impact of health-related fitness components as a measure of fitness and health.

2.6.12.A.5 Debate the use of performance-enhancing substances (i.e., anabolic steroids and other legal and illegal

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Example of Journal Entry

Below is an example using Standard 2.5 Motor Skill Development. The Cumulative Progress Indicator (CPI) picked was 2.5.12.A.1.

Each entry should be a minimum of two paragraphs, 7 sentences per paragraph that are the coherence of ideas among sentences.

Please follow common conventions for grammar, punctuation, spelling, and structure. Journal entries should support how the activity promotes the Content Standards as given to you by your guidance counselor.

Journal entries should support how the activity promotes the CPI and prove that the objective has been met. Various CPI's should be used throughout the marking period.

STANDARD 2.5 Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle. Cumulative Progress Indicator (CPI)- 2.5.12.A.1 Explain and demonstrate ways to transfer movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).

This week during soccer practice we worked on our free kicks. It was important that we recognized the proper way to plant our foot. The non-kicking foot is placed directly next to the ball at a comfortable distance to allow a smooth swing. The toe of the non-kicking foot should be pointed in the direction of the intended path. After the soccer ball is hit the striking foot should follow through at the intended target. This movement should be completed in a smooth fashion with no pauses transferring the weight from the back to the front. Transferring of the weight will lead to a more powerful kick.

This skill movement can be transferred to a field hockey on a free hit. The ball and stick should be at a comfortable distance from the player at approximately 2 O'clock. The ball should be lined up with the left foot. The left toe should be pointed in the direction of the intended path. The stick/hit should follow through the intended path as well. This swing of the stick should be in a smooth fashion just as a soccer player kicks the ball. Transferring of the weight is important to put power behind the shot.

Physical Education Log

Students Name _____ Marking Period ____

Week Of: _____ Teacher _____

Day	Date	Hours	Activity
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Total number of hours completed above _____

Coach's Signature _____ Date _____

Physical Education Teacher Signature _____ Date _____