

CASEY MIDDLE SCHOOL

REQUESTING EXEMPTIONS FROM BVSD REQUIREMENTS

At Casey Middle School students are required to take Physical Education and Health Education for one semester each at the 7th and 8th grade levels. Students may request a waiver for PE and/or Health under the following circumstances.

- When students are in the bilingual or world language program and instrumental music
- When students are in the bilingual or world language program and Baile Folclórico
- When students are in the bilingual or world language program and an academic support class
- When students are in the Fit/Lit program in eighth grade

Procedure:

All waivers are subject to approval by the principal. Proposals must be submitted in writing to the counselor.

PE/HEALTH waiver proposal

Student Name: _____ Grade Level: _____

Course(s) requesting to waive: _____

Course(s) requesting to take instead: _____

Have you taken PE at Casey? ____yes ____no If yes, in which grade? ____6th ____7th

Have you taken Health at Casey? ____yes ____no If yes, in which grade? ____6th ____7th

Reason for the request:

Description of how you will meet the general requirements of PE/Health on your own:

Signatures:

Student: _____ Parent: _____

Approved ____yes ____no comments:

BVSD Health Education

7th Grade Topics at a Glance:

- Factors that influence eating behaviors and physical activity
- Healthy food choices
- Influences on sexual decision making
- Define STD's
- Identify healthy relationships
- Stress management
- Communicate feelings
- Consequences of drug use

8th Grade Topics at a Glance:

- Resist pressure to become sexually active
- Analyze risks of STD's and unintended pregnancy
- Disease prevention
- Influences on drug use
- Access information about drug use
- Influences on violent and non-violent behavior
- Advocate for positive school and community environments
- Access resources for mental and emotional health
- Influences on mental and emotional health

BVSD Physical Education

7th Grade Topics at a Glance:

- Conditioning & Training Principles
- Strategic Game Plans
- Encouraging
- Target Heart Rate
- Creates a Routine
- Sport-Specific Skills
- Sportsmanship
- Muscular Strength/Muscular Endurance
- Problem-Solving Techniques
- Create a Game with a Group

8th Grade Topics at a Glance:

- Rules & Strategies
- Participation
- Skill-Related Components
- Officiating
- Flexibility
- Health-Related Fitness
- Agility, Balance, Coordination & Speed
- Circuit & Interval Training
- Target Heart Rate
- Peer Teaching & Peer Coaching