



**Physical
Education**
Becker Schools

2022

Becker Physical Education Staff

Mr. Aho - HS

IS

Mr. Brake - MS

Niedfeldt MS/HS

Ms. Brinker - IS

IS

Ms. Brown - PS

Mr. Miller -

Mr.

Mr. O'Neill -

Ms. Stevens

MED Physical Education Standards (4th year required by Minnesota)

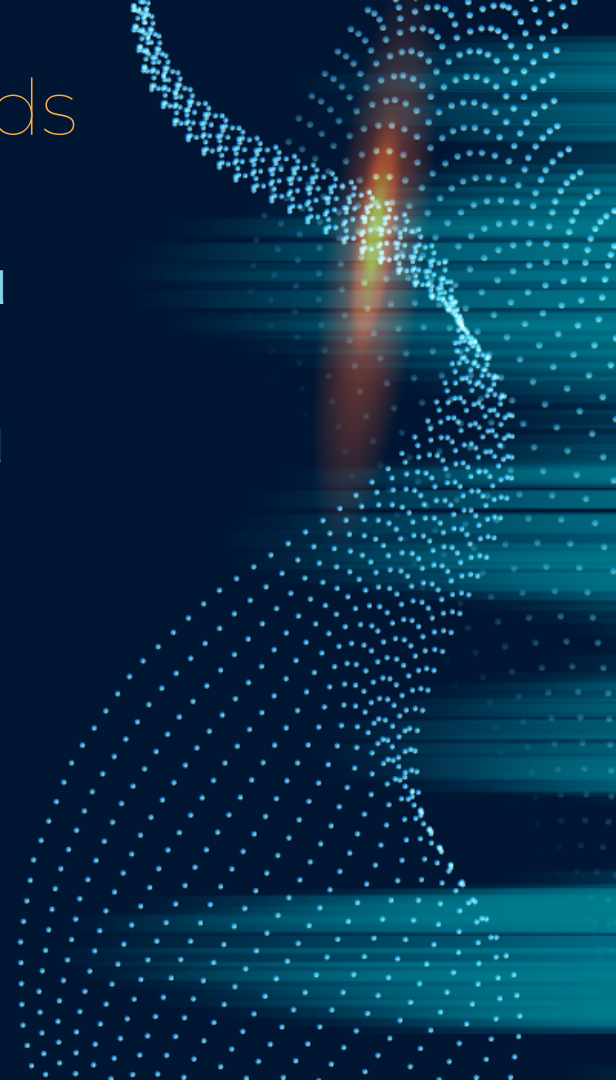
Standard 1: Demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: Exhibits responsible personal and social behavior that respects self and others.

Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.



Physical Education at Becker

K-12 PE program FOCUS:

- **Physical Fitness**
- **Health Concepts**
- **Teamwork**
- **Cooperation**

Physical Education at Becker

K-12 PE program

GOAL:

- **Develop physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.**

Physical Education at Becker

K-12 PE program:

- **Each unit we teach meets several National and State standards for Physical Education.**
- **In addition to our units, each building holds special events throughout the year.**

Primary School

One of the unique advantages of primary school physical education is the opportunity to introduce our students to a wide variety of activities. Our hope is that through this exposure they will find one or more activities they really enjoy and can pursue outside of our school and become a lifelong mover.

We are well supported by our administration. In order to maintain our physical education program, we will continue to need new or updated equipment.



Primary Special Events

- Scooter Week - **We requested more scooters for this activity**
- CAT (Climbing Activities Today) - **We requested more mats, climbing ropes and a balance beam**
- Track and Field Day
- Roller Skating Field Trip
- Roller skating/blading Week
- Floor Hockey Tournament
- Mini Golf - **We requested smaller putters and balls**
- Olympic Activities



Intermediate School

Goal

- **Promote students' physical health and to develop lifelong attitudes toward healthy living as an adult.**
- **This philosophy applies to every unit in our comprehensive Physical Education program.**





Intermediate School

Physical activity

- Improves strength and endurance
- Builds healthy bones and muscles
- Controls weight
- Reduces anxiety and stress
- Increases self-esteem, mood, and concentration

Intermediate School Special Events

- **Wheels on Wednesday**
- **Track and Field Day**
- **Rock Jogger**
- **Bowling Field Trip**
- **Skiing Field Trip**
- **Roller skating/blading Week**
- **Floor Hockey Tournament**
- **Community Center Field Trip**
- **Kick Ball tournament**
- **Softball tournament**



Middle School

- **At the middle school we are fortunate enough to have the indoor and outdoor space where students can spread out and play.**
- **We are able to provide enough equipment (basketballs, footballs, badminton rackets, ping pong tables, etc) where students do not need to take turns, but can stay in their THR zone the entire period.**



Middle School Special Events

- Bulldog Run for Homecoming
- Olympics (winter or summer)
- Ski Trip to Powder Ridge
- Amazing Race
- Kickball Tournament



Heart Rate Monitors



- **Middle School PE has recently added heart rate monitors to our curriculum.**
- **They provide immediate feedback to the student and teacher about their heart rate data throughout the PE class.**

The screenshot shows a mobile application interface for heart rate monitoring. At the top, there is a status bar with 'No SIM', '10:00', and battery level. Below that is a control bar with a play/pause button, a timer '00:38:24', and a 'HEART RATE' label. The main content is a grid of student data. Each cell in the grid displays a student's name, their current heart rate percentage, and their target heart rate (indicated by a heart icon and a number). The background of the app is dark with a blue and white particle effect.

NEW	HEART RATE	TAL	SORT	HEART RATE TARGET
Brian C.	Kevin L.	Anthony L.		
78%	81%	94%		
♥ 161	♥ 162	♥ 161		
Karen N.	Deborah N.	Donna R.		
80%	84%	82%		
♥ 161	♥ 161	♥ 161		
Christopher T.	George T.	Jason W.		
80%	81%	80%		
♥ 161	♥ 162	♥ 161		

High School

Classes Offered:

- **PE-9**
- **Lifetime Activities**
- **Aerobics**
- **Body Development & Conditioning**
- **Advanced Development & Conditioning**
- **Individual Sports**
- **Team Sports**
- **Health**

Special Event:

- **Triathlon**

