



**Kennewick School District  
High School  
Physical Education Competency Test**

## Kennewick School District High School Physical Education Waiver Test

Students must pass all three portions of the test to obtain a one semester PE waiver.

### Part I: Written Assessment: Concepts of Fitness and Health,

Students must have a score of 70% or higher in order to go on to the Fitness and Skills tests

### Part II: Kennewick School District K-12 Fitness Test

Students must reach the “National Minimum Health Related Standard” in three (3) of the following five (5) tests.

- Curls ups
- Pacer
- Push ups
- Sit & Reach
- Body Composition\*

Minimum Health Related Standards							
		AGE					
	Gender	13	14	15	16	17	18+
Curl ups	F	37	37	36	35	34	34
Curl ups	M	42	45	45	45	44	44
Pacer	F	23	23	23	32	41	41
Pacer	M	41	41	51	61	61	61
Push ups	F	7	7	7	7	7	7
Push ups	M	10	12	14	16	18	18
Sit and Reach	F	9.5	9.5	9.5	9.5	9.5	9.5
Sit and Reach	M	8.5	8.5	8.5	8.5	8.5	8.5
BMI	F	15.5 – 21.9	16.2 – 22.7	16.6 - 23.5	17.1 – 24.2	17.7 – 24.9	18.2 – 25.7
BMI	M	15.3 – 22.6	15.8 – 23.3	16.3 – 24	16.8 – 24.6	17.2 - 25.2	17.6 - 25.7

\*percent body fat analysis will be used if there is concern over BMI results

### Part III: Physical Skills

There are ten choices for the physical skills portion of the Physical Education waiver test. Students may choose three (3) of the ten (10) areas to test in. Students must show proficiency (70%) in all three chosen sport skill areas.

- Badminton
- Basketball
- Fitness Tools
- Football
- Pickleball
- Soccer
- Tennis
- Volleyball
- Softball
- Weight Training

## RUBRICS FOR PHYSICAL SKILLS TESTS

### 1. Badminton

Score: \_\_\_/20 (need 14 to pass)

#### a. Serve

Directions: student performs 5 serves from either the left or the right (student's choice)	Not Observed	Observed
Student stands close to service line		
Grip: handshake grip		
Student demonstrates correct ready position with opposite foot in front.		
Shuttlecock is held with thumb and forefinger near the top of the feather.		
Student drops the shuttlecock to the racket.		
Racquet makes contact with the shuttlecock below the waist.		
Racquet follows through toward the target.		
Serve lands in the correct service court 3/5 times.		

#### b. Smash

Directions: student performs 5 smashes from mid-court	Not Observed	Observed
Grip: handshake grip		
Racquet contacts shuttlecock above the head.		
Wrist snaps on contact.		
Follow through is down and across the body.		
Shuttlecock trajectory is sharply downward.		
Shot lands in bounds 3/5 times.		

#### c. Overhead Clear

Directions: student performs 5 clears from mid-court	Not Observed	Observed
Grip: handshake grip		
Student draws racquet back behind head.		
Racquet makes contact high and over the head.		
Strong wrist snap.		

Follow through is down and across the body.		
Shuttlecock travels high plus lands in and deep 3/5 times		

## 2. Basketball

Score: \_\_\_\_/24 (need 17 to pass)

### a. Dribble

Directions: Students will dribble then length of the basketball court 3X.	Not Observed	Observed
Flex at the knees.		
Keep weight on the balls of the feet in the forward stride position.		
Bend forward at the waist to be in a crouch position.		
Keep head up; don't look at the ball.		
Keep wrist limp and cup hand slightly.		
Dribble with the finger pads, not the palm.		
Bounce the ball between knee and waist height.		
Use the non-dribbling arm and hand to protect yourself from defenders while dribbling.		

### b. Lay-in

Directions: Students will perform 5 lay-ins from either side, left or right.	Not Observed	Observed
Approach the basket at an angle.		
Dribble without traveling with the outside hand to approach shot.		
Jump off the inside foot with outside knee lifting.		
Carry the ball to shoulder and head height as inside foot pushes off the floor.		
Place the ball rather than throwing it against the backboard.		
Follow through with the palm of the shooting hand high in the direction of the intended flight.		
Ball goes in 3/5 times.		

### c. Free Throw/Foul Shot

Directions: students will perform 5 free throws.	Not Observed	Observed
Distribute weight evenly over the balls of the feet with the shooting-		

side leg and foot slightly forward in the stance.		
Hold the ball about level with the shooting side shoulder.		
Place the guide hand to the side of the ball while the shooting hand is behind and slightly under the ball and shooting wrist is cocked.		
Extend the body upward and push the ball upward using the legs to produce most of the force.		
Follow through with a gentle wrist snap in the direction of the intended flight.		
Ball goes in 3/5 times.		

#### d. Passing

Directions: student will demonstrate 5 repetitions of each type of pass (bounce, chest, two-hand overhead) to a 5' high target on the wall from a distance of 10'. Each type of pass must be correctly demonstrated 3/5 times.	Not Observed	Observed
<b>Bounce pass-</b> -Hands properly placed on sides of the ball. -Ball starts next to chest with elbows bent. -Weight transfers forward as student steps into the pass -Hands finish thumbs down. -Ball is bounced at the appropriate point in the floor and with enough force to hit the target.		
<b>Chest pass-</b> -Hands are properly placed on the sides of the ball. -Ball starts next to chest with elbows bent. -Weight transfers forward as student steps into the pass. -Hands finish with thumbs down. -Ball is thrown with appropriate force to hit the target.		
<b>Two hand overhead pass-</b> -Hands properly placed on the sides of the ball. -Ball starts over the head. -Weight transfers forward as student steps into the pass. -Both hands simultaneously follow through to the target. -Ball is thrown with the appropriate force to hit the target.		

### 3. Fitness Tools

Score: \_\_\_\_\_ / 30 (need 21 to pass)

(demonstrate specified exercises using a variety of equipment)

#### a. **Stretch Band Seated Row**

Directions: student performs 5 reps with the fitness tool. Each component must be observed correctly in 3 out of 5 repetitions.	Not Observed	Observed
Seated on the floor with the legs extended		
Loop the stretch band around the middle of one foot for safety		
Sit up straight with shoulders back and arms straight (extended)		

Grasp the band with a firm grip and palms inward		
Pull the band backwards with the elbows in and the hands to the side of the body.		
Keep the back flat and chest lifted throughout the entire movement		
Inhale on the forward movement and exhale on the backward movement		

**b. Weight Bar Lunge**

Directions: student performs 5 reps with the fitness tool. Each component must be observed correctly in 3 out of 5 repetitions.	Not Observed	Observed
With feet shoulder width apart, place the bar on the top of the shoulders		
Take a large step forward keeping the back heel off the floor		
Keep the chest lifted and head and neck in a neutral position throughout the exercise		
Keep the core engaged and hold in the abdomen (belly button to the spine) throughout the exercise.		
Slowly lower down until the back knee is one to two inches off the floor and the front knee stays over the toes.		
Return to the starting position maintaining proper form.		

**c. Dumbbell Shoulder Press**

Directions: student performs 5 reps with the fitness tool. Each component must be observed correctly in 3 out of 5 repetitions.	Not Observed	Observed
Feet shoulder width apart (either staggered or even) toes forward		
Dumbbells positioned above the shoulders, elbows bent, palms forward		
Keep the chest lifted and head and neck in a neutral position throughout the exercise		
Keep the core engaged and hold in the abdomen (belly button to the spine) throughout the exercise.		
Press the dumbbells up slightly in front of the head until the elbows are fully extended		
Return to the starting position maintaining proper form.		

**d. Medicine Ball Chest Pass**

Directions: student performs 5 reps with the fitness tool. Each component must be observed correctly in 3 out of 5 repetitions.	Not Observed	Observed
Stand with feet slightly staggered with both hands on the ball		
Ball held level with the chest (in front of the sternum)		
Step forward with the front foot and push off the back foot		

Throw the ball toward the wall by extending the arms in a quick motion		
The ball hits 8 to 10 feet high on the wall		
The ball is caught on its return at about chest level		

**e. Stability Ball Crunch**

Directions: student performs 5 reps with the fitness tool. Each component must be observed correctly in 3 out of 5 repetitions.	Not Observed	Observed
Start and sitting on the ball with the knees bent at 90% angle		
Walk feet out until the lower back is supported by the ball		
Cross arms and place hands on the shoulders keeping head neutral		
Engage the core and pull in the abdomen (belly button to the spine) throughout the exercise.		
Raise shoulders 6 to 8 inches and return to starting position		

**4. Football**

Score: \_\_\_/20 (need 14 to pass)

**a. Passing**

Directions: Student will throw 5 passes to a stationary partner from 30'	Not Observed	Observed
In gripping the ball, place the thumb and index finger on the back part of the ball.		
Spread out the other finger across the laces of the football.		
Place the non-throwing hand on the front inside part of the ball for stability.		
Body stance should be with the foot of the non-throwing side forward.		
Start the throwing motion with the throwing arm and hand cocked back slightly behind the head keeping ball above ear.		
Begin the throw by moving the flexed elbow forward while focusing on the target.		
At the point of released snap the wrist downward giving the ball the required spin, to develop a spiral motion.		

**b. Catching**

Directions: student will catch 5 stationary passes from a distance of 30'	Not Observed	Observed
Form a triangle with the hands, spreading the fingers wide and pointing thumbs in toward the body for an above the waist catch. Keep the little fingers together for a below the waist catch.		
Create a target with your hands.		
Stretch arms out to meet the ball but don't lock the elbows.		
As the ball comes, keep your eyes on the ball at all the way into your hands and as you bring it to your body.		

Always try to catch the ball with both hands.		
As the ball meets the hands absorb the force of the throw by bringing the ball, hands, and arms into the body.		
Swing the ball to one arm, using the hand to cover the forward tip of the ball.		

**c. Punting**

Directions: student will punt the football 5X.	Not Observed	Observed
Grip the ball with the laces up. Place one hand on the rear of the ball on the other hand on the front of the ball.		
Take a 1 ½ step approach; short step with the kicking leg, a full step with the non-kicking then kick.		
Drop the ball onto the top of the kicking foot with point inward. Point the kicking foot toes down as you kick the ball.		
Keep the hands out for balance after the kick and follow in the direction of the intended flight.		
Focus eyes on the ball during the kicking process.		
If the ball is punted correctly the foot will spiral and travel in a forward and upward manner.		

**5. Pickleball**

Score: \_\_\_/20 (need 14 to pass)

**a. Forehand**

Directions: student will perform 5 forehand strokes	Not Observed	Observed
Grip: demonstrate handshake grip		
Stance: Student stands with feet shoulder width apart and feet slightly staggered with foot opposite of racquet forward.		
Knees bent.		
Student pivots and takes racket back correctly with shoulder toward net		
Swing parallel to court and contact ball with firm grip.		
Step towards target with opposite foot as weight transfers to forward foot.		
Follow through toward target and return to ready position.		
Ball goes over the net and lands in 3/5 times.		

**b. Backhand**

Directions: student will perform 5 backhand strokes	Not Observed	Observed
Grip: racquet hand rotates ¼ turn toward body		
Stance: Student stands with feet shoulder width apart and feet slightly staggered with foot opposite racquet hand forward.		

Knees bent.		
Student pivots and takes paddle back correctly with shoulder toward net.		
Swing parallel to court and contact ball with firm grip.		
Step towards target with same foot as weight transfers toward net.		
Follow through toward target and return to ready stance.		
Ball goes over the net and lands in the proper service court 3/5 times.		

**c. Serve**

Directions: student performs 5 serves from either the left or the right (student's choice)	Not Observed	Observed
Student starts in ready serve position.		
Paddle strikes ball below waist.		
Ball goes crosscourt and in the diagonal service box.		
Ball placement --ball lands in the proper service box in 3/5 attempts		

**6. Soccer**

Score: \_\_\_\_/19 (need 14 to pass)

**a. Dribble**

Directions: student will dribble the width of the soccer field and back one time.	Not Observed	Observed
Taps ball lightly below center.		
Keeps ball 1-2 feet in front of your feet.		
Use both feet for dribbling.		
Keeps head up to see teammates and keep the arms free for balance.		
Uses inside of foot and outside of foot.		

**b. Passing**

Directions: student will perform 5 instep passes to a stationary target at a distance of 20-25'	Not Observed	Observed
Focus eyes on the ball and keep arms free at sides for balance.		
Non-kicking foot plants beside the ball.		

Instep of kicking foot contacts the center of the ball.		
Kicking foot follows through in the direction of the pass.		
Pass successfully reaches the target 3/5 times.		

**c. Trap**

Directions: Student will trap a soccer ball that comes to them within 3' in either side direction- left or right. Students will be given 3 attempts at each trap (right & left)	Not Observed	Observed
Align the body with oncoming ball.		
Focus eyes on ball.		
Right- use inside of right foot to absorb the force of the oncoming ball resulting in the ball coming to a complete stop.		
Left- use inside of left foot to absorb the force of the oncoming ball resulting in the ball coming to a complete stop.		

**d. Shot on goal**

Directions: student will get 5 attempts to shoot a stationary ball from a distance of 40'	Not Observed	Observed
Contact ball at the center with the instep.		
Place the non-kicking foot beside the ball in preparation for the kick.		
Knee of kicking leg should be over the ball.		
Follow through in the direction of the kick.		
Can make 4/5 goals from 40' shooting a stationary ball.		

**7. Softball**

Score: \_\_\_/26 (need 18 to pass)

**a. Catching**

Directions: using a glove, the student will make 5 stationary catches from a distance of 30'	Not Observed	Observed
Student maintains body stability by using a forward-back stride.		
Focus and track the oncoming ball, and align the body squarely with it.		
Give with ball as ball hits glove (bring ball into body).		
Student transfers the body weight back to help absorb the force of the ball.		

### b. Throwing

Directions: Student will throw a softball 5 times to a stationary partner at 30'	Not Observed	Observed
Student uses a forward back stride stance (one foot in front of the other with the dominant leg back (right-handed thrower will have the right leg back).		
Point non-throwing side/shoulder to the target.		
Throwing arm way back behind head. Weight is on back foot.		
Step with your opposite foot towards target.		
Shift the center of gravity from back to forward.		
Rotate throwing side forward-and transfer the weight to the front leg. Lead the arm motion with the glove.		
Snap forearm and wrist. Follow through by letting your throwing arm come across the opposite side of your body		

### c. Batting Swing

Directions: student will demonstrate the softball swing 5X.	Not Observed	Observed
Grip the bat so the hands are close together and your dominant hand is on top.		
Stand with knees bent and your side to the pitcher.		
Relax elbows, move hand back, left elbow to load.		
Swing the bat level while keeping your eyes on the ball.		
Break the wrists - top hand comes over the top of the other hand after contact		
"Squish the Bug" – rotate back foot, back knee comes forward, front knee locks momentarily		

### d. Fielding a Ground Ball

Directions: student will field 5 ground balls.	Not Observed	Observed
Ready position: Weight evenly distributed, feet slightly wider than shoulder width, knees bent.		
Keep the weight on the balls of the feet and the buttocks low to the ground.		
Use the shuffle step to avoid crossing feet whenever possible when getting into a direct line with the path of the ball.		
Keep the feet in a forward back stride position with the leg on the throwing side back.		
Watch the ball into your glove.		
Cover the ball with throwing hand after ball enters glove.		
Cradle the ball into chest area		

Transfer ball into throwing hand and point non-throwing shoulder to target.		
Follow through with the throwing arm across your body.		

## 8. Tennis

Score: \_\_\_/19 (need 13 to pass)

### a. Forehand

Directions: Student will perform 5 forehand strokes	Not Observed	Observed
<b>Ready Position</b> -stand on the baseline hash-mark, athletic position		
<b>Grip</b> - shake the handle of the racquet with the dominant hand; non-dominant hand above on racquet handle		
<b>Backswing</b> -turn body sideways and bring the racket back with one hand at waist level, pointing opposite shoulder to destination of stroke		
<b>Forward Swing</b> - swing low to high, contacting the ball in front of the body and follow through.		
<b>Finish</b> - Transfer weight back and recover to ready position		
<b>Ball placement</b> -ball lands in the singles boundaries box in 3/5 attempts		

### b. Backhand

Directions: Student will perform 5 backhand strokes	Not Observed	Observed
<b>Ready Position</b> -stand on the baseline hash-mark, athletic position		
<b>Grip</b> - shake the handle of the racquet with the dominant hand; non-dominant hand directly above on racquet handle		
<b>Backswing</b> -turn body sideways, right shoulder at the net. Keep both hands on the racket and at waist level. Racquet head should be facing down		
<b>Forward Swing</b> - swing low to high, contacting the ball in front of the body and follow through.		
<b>Finish</b> - Transfer weight back by bringing left leg forward on contact and recover to ready position		
<b>Ball placement</b> -ball lands in the singles boundaries box in 3/5 attempts		

### c. Serve

Directions: Student performs 5 serves "deuce" or "add" court (student choice)	Not Observed	Observed
<b>Ready Position</b> -Feet staggered with non-dominant foot forward and body facing target.		
<b>Serve Position</b> -Hold tennis ball with non-dominant hand, racquet with other		
<b>Weight Transfer and Ball Toss</b> -As ball is tossed, racquet comes back behind the head as weight shifts backward		

<b>Foot Placement</b> -Server cannot step on the baseline or into the court until contact with the ball has been made		
<b>Ball Strike</b> -Contact ball at peak of toss while transferring weight to front foot		
<b>Finish</b> -follow through upon contact		
<b>Ball placement</b> -ball lands in the proper service box in 3/5 attempts		

9. Volleyball

Score: \_\_\_/23 (need 16 to pass)

**a. Forearm Pass**

Directions: students performs 5 forearm passes	Not Observed	Observed
Take a forward-backward stride position with the knees slightly flexed.		
Hands together, level platform.		
Keep the forearms, wrist and elbow straight.		
Contact the ball with both forearms, using an upward and forward direction minimal arm swing.		
Extend the body while contacting the ball. Use legs for power.		
Follow through in the direction of the intended flight.		

**b. Set Pass**

Directions: students performs 5 sets	Not Observed	Observed
Use a forward-backward stride with bent knees.		
Flex the knees and elbows prior to the hit.		
Tilt the head back, form a window with the hand above the face, and watch the ball closely.		
Soft contact on fingertips, wrist recoil on contact.		
Set the ball with the fingertips in an upward and forward direction.		
Extend the body upward on contact.		
Follow through in the direction of intended flight.		

**c. Serve**

Directions: student performs 5 serves	Not Observed	Observed
Take a forward-backward stride position with the knees slightly		

flexed.		
Toss the ball about 3 feet above the shoulder so the hand can meet the ball just above head high.		
Transfer weight from the rear foot to the front foot as you contact the ball.		
Contact the ball above the head with open hand.		
Extend the elbow and flex the wrist forward as you contact the ball.		
Follow through in the direction of the intended flight and then swing downward.		
3/5 serves land in bounds		

#### d. Spike

Directions: from either side, student demonstrates the spiking skill/motion without a ball. Reverse the following for left handed kids.	Not Observed	Observed
Approach –Student should take three steps. Right, Left, Right, and Jump.		
Spike -Student should demonstrate right arm swing back by ear, and left arm lead.		
Follow Through -Student should complete the full arm swing, wrist snap, and recoil hand back away from net.		

### 10. Weight Training

Score: \_\_\_/20 (need 14 to pass)

#### a. Back Squat

Directions: student performs 5 reps with minimal weight. Each component must be observed correctly in 3 out of 5 repetitions.	Not Observed	Observed
Lumbar Curve - maintained throughout lift		
Heels - Weight on heels throughout lift		
Bottom of Lift - crease of hips below top of kneecap		
Knees track over toes throughout lift		
Finish - hips & knees at full extension		

#### b. Push Jerk

Directions: student performs 5 reps with minimal weight. Each component must be observed correctly in 3 out of 5 repetitions.	Not Observed	Observed
Stance - feet parallel, weight on heels		
Dip - slight knee bend to get 8-12" depth		
Drive/press - hips fully extend, head moves to allow bar to travel straight up		
Dip/catch - slight knee bend to get 8-12" depth		
Finish - elbows straight, shoulders/arms at or behind ears, torso straight		

with slight lumbar curve		
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**Hang Power Clean**

Directions: student performs 5 reps with minimal weight. Each component must be observed correctly in 3 out of 5 repetitions.	Not Observed	Observed
Lumbar Curve - lumbar curve maintained throughout lift		
Heels - weight on heels throughout lift		
Pull & Shrug - elbows straight through shrug, hips extended		
Transfer & Catch - elbows under bar, catch in full or partial squat		
Finish - hips & knees at full extension		

**c. Bench Press**

Directions: student performs 5 reps with minimal weight. Each component must be observed correctly in 3 out of 5 repetitions.	Not Observed	Observed
Grip - hands just outside of shoulders, thumbs wrapped		
Lowering Bar - takes 2-3 seconds, touches chest before rise		
Feet – flat on floor		
Raising Bar - hands parallel with even rise, exhale throughout lift		
Body - back flat on bench, hips even throughout lift		