

Elementary PE Department Philosophy Statement

The Waukeee Elementary Physical Education program aims to provide inclusive, safe, and supportive learning communities where ALL students can feel empowered to become courageous movers. We encourage all students to adopt a positive relationship with healthy activity; to celebrate physical, mental, and social well-being; and to develop habits that lead to long, healthy, happy lives.

1st Grade PE Description

In 1st Grade, Waukeee students will actively engage and participate in Physical Education class. Primary units of focus may include expanding on locomotor movement and throwing form, dribbling while moving, striking various objects, and applying knowledge of personal space while moving safely within general space.

Students will...

- Hop, gallop, jog, and slide with proper form
- Throw underhand with proper form
- Catch a self-tossed object
- Continuously dribble with preferred hand
- Dribble with inside of foot while walking
- Strike an object upward with a paddle
- Apply movement-based knowledge to the use of personal space and travel using rhythm, pathways, and speeds
- Actively engage in physical education class

1st Grade PE Units

- 1) Locomotor Movements
- 2) Catching & Throwing
- 3) Dribbling with hand & foot
- 4) Striking with hands & implements.
- 5) Personal Space & Pathways
- 6) Personal & Social Responsibility