

Elementary PE Department Philosophy Statement

The Waukee 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.

3rd Grade PE Description

In 3rd Grade, Waukee students will actively engage and participate in Physical Education class. Primary units of focus may include overhand throwing and catching in a variety of activities and distances, dribbling with hands and feet while jogging, and striking objects with different pieces of equipment. Students will apply strategies and tactics to movement activities.

Students will...

- Throw overhand with proper form across various distances and with controlled force
- Catch an object tossed by a partner using proper form
- Maintain a controlled dribble with hand while jogging
- Maintain a controlled dribble with foot while jogging
- Strike an object forward using sa short- or long-handled implement
- Apply movement-based knowledge to combine movement strategies and tactics in a variety of ways
- Actively participate in physical education class without teacher prompting

3rd Grade PE Units

- 1) Catch & Overhand Throwing
- 2) Dribbling with hand in gameplay
- 3) Dribbling with feet in gameplay
- 4) Striking with short / long handled implements
- 5) Using strategy in tactical gameplay
- 6) Personal & Social Responsibility