

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.

	Progress Report Statements	Associated Essential Outcomes
1	Throws overhand with proper form and accuracy over a reasonable distance	S1.C2.4 Throws overhand using a mature pattern in non-dynamic environments. (S1.E14.4a) S1.C3.4 Throws overhand to a partner or at a target with accuracy at a reasonable distance. (S1.E14.4b)
2	Strikes an object with a short- and long-handled implements using proper form	S1.C19.4 Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis/badminton racket), while demonstrating three of the five critical elements of a mature pattern for the implement (grip, stance, body orientation, swing plane and follow-through). (S1.E25.4) S2.A7.4 Applies the concepts of direction and force when striking an object with a short-hand-led implement, sending it toward a designated target. (S2.E3.4b)
3	Combines movement skills and strategies in a variety of activities	S2.A1.4 Applies the concept of open spaces to combination skills involving traveling (e.g., dribbling and traveling). (S2.E1.4a) S2.A11.4 Applies simple offensive strategies and tactics in chasing and fleeing activities. (S2.E5.4a) S2.A12.4 Applies simple defensive strategies and tactics in chasing and fleeing activities. (S2.E5.4b)
4	Actively engages in teacher-directed and independent activities in physical education class	S3.B1.4 Actively engages in the activities of physical education class, both teacher-directed and independent. (S3.E2.4)

WCSD Physical Education Curriculum
4th Grade PE Progress Report Statements



Progress Report Statement #1:

Throws overhand with proper form and accuracy over a reasonable distance

Essential Outcomes

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

- S1.C2.4 Throws overhand using a mature pattern in non-dynamic environments. (S1.E14.4a)
- S1.C3.4 Throws overhand to a partner or at a target with accuracy at a reasonable distance. (S1.E14.4b)

CRITICAL ELEMENTS OF OVERHAND THROWING - 4th Grade requires proficiency of **all** elements

Ready Position - facing target, feet shoulder-width apart, knees bent, eyes on target, object held in front of the body in preferred hand

Side to Target, Arm Back - Body turns as the feet pivot in place and the side opposite the throwing arm is toward the target. Bring the throwing arm back in a downward circular motion with the throwing hand extended away from the intended line of travel. The elbow is at shoulder height or slightly above in preparation for action with the elbow leading. The non-throwing hand points toward the target.

Step - Step with the foot that is opposite the throwing arm

Rotate - Hips and shoulders rotate toward the target, the front body surface faces the target, and the arm comes forward past the head

Follow Through - throwing hand continues toward the target and continues down diagonally across the body

Exceeds	Secure	Developing	Beginning
I can demonstrate understanding beyond the secure criteria.	I can throw overhand with proper form AND I can accurately hit a target placed a reasonable distance away	I can demonstrate some understanding of the secure criteria and/or reminders, hints, and suggestions are needed to promote understanding	I show little understanding of the concept and / or significant teacher support is needed

WCSD Physical Education Curriculum
4th Grade PE Progress Report Statements



Progress Report Statement #2:

Strikes an object with a long-handled implement using proper form

Essential Outcomes

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

- S1.C19.4 Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis/badminton racket), while demonstrating three of the five [critical elements](#) of a mature pattern for the implement (grip, stance, body orientation, swing plane and follow-through). (S1.E25.4)

CRITICAL ELEMENTS OF STRIKING WITH LONG HANDLED IMPLEMENTS - 4th Grade requires proficiency of at least **three** elements

Ready Position - bat up and back in preparation for the striking action

Step - step forward on opposite foot as contact is made

Coil & Uncoil - coil and uncoil the trunk for preparation and execution of the striking action

Swing - swing the bat on a horizontal plane

Follow Through - wrist uncocks on follow-through for completion of the striking action

Exceeds	Secure	Developing	Beginning
I can demonstrate understanding beyond the secure criteria.	I can strike an object with a long-handled implement using at least three parts of proper form	I can demonstrate some understanding of the secure criteria and/or reminders, hints, and suggestions are needed to promote understanding	I show little understanding of the concept and / or significant teacher support is needed

WCSD Physical Education Curriculum
4th Grade PE Progress Report Statements



Progress Report Statement #3:

Combines movement skills and strategies in a variety of activities

Essential Outcomes

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

- S2.A1.4 Applies the concept of open spaces to combination skills involving traveling (e.g., dribbling and traveling) (S2.E1.4a).
- S2.A11.4 Applies simple offensive strategies and tactics in chasing and fleeing activities (S2.E5.4a)
- S2.A12.4 Applies simple defensive strategies and tactics in chasing and fleeing activities (S2.E5.4b)

Exceeds	Secure	Developing	Beginning
I can demonstrate understanding beyond the secure criteria.	I can apply my knowledge of movement strategies and open spaces with combination skills.	I can demonstrate some understanding of the secure criteria and/or reminders, hints, and suggestions are needed to promote understanding	I show little understanding of the concept and / or significant teacher support is needed

WCSD Physical Education Curriculum
4th Grade PE Progress Report Statements



Progress Report Statement #4:

Actively engages in teacher-directed and independent activities in physical education class

Essential Outcomes

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

- S3.B1.4 Actively engages in the activities of physical education class, both teacher-directed and independent (S3.E2.4)

Exceeds	Secure	Developing	Beginning
I can demonstrate understanding beyond the secure criteria.	I am an active, safe participant in teacher-led and independent activities in class	I can demonstrate some understanding of the secure criteria and/or reminders, hints, and suggestions are needed to promote understanding	I show little understanding of the concept and / or significant teacher support is needed