

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.

5th Grade PE Description

In 5th Grade, Waukee students will actively engage and participate in Physical Education class. Primary units of focus may include skill and health related fitness, throwing with proper form at targets, and combining a variety of skills and strategies to multiple movement situations.

Students will...

- Explain the differences between skill-related fitness and health-related fitness
- Throw both overhand and underhand to a large target with accuracy using proper form
- Independently combine and apply a variety of skills and strategies to multiple movement situations
- Actively engage in all activities of physical education class without teacher prompting

5th Grade PE Units

- 1) Health & Skill Related Fitness Knowledge
- 2) Throwing for accuracy and range.
- 3) Combined movement & strategy in tactical gameplay.
- 4) Personal & Social Responsibility