

**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.

**Kindergarten PE Description**

In Kindergarten, Waukee students will actively engage and participate in Physical Education class. Primary units of focus may include being introduced to basic locomotor movements, dribbling with hands and feet, volleying objects, and the understanding of personal space and how to move safely within general space.

**Students will...**

- Hop, gallop, run, slide, and skip while maintaining balance
- Throw underhand with opposite foot forward
- Catch a bounced ball
- Dribble with one hand
- Dribble forward with foot
- Volley an object upward
- Apply movement-based knowledge to the use of personal space and travel using rhythm, pathways, and speeds
- Actively participate in physical education class

**Kindergarten PE Units**

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