

**Secondary PE Department Philosophy Statement**

The Waukeee Physical Education program seeks to empower all students to participate in regular, lifelong physical activity to create a foundation for a healthy, productive, and fulfilling life.

**7th Grade PE Description**

In seventh grade, students will explore physical fitness and set goals for personal growth designed to expand their foundation for a physically active lifestyle, adjusting to enhance their personal fitness. Students will be provided an opportunity to safely and respectfully participate in multiple movement opportunities and experiences including fitness concepts, lifetime fitness activities, and team/individual sports.

**Students will...**

- Demonstrate offensive skills in games and sports by using offensive tactics to get open and staying within the defined boundaries of each activity
- Demonstrate the ability to move safely and efficiently in a physical activity setting particularly by creating and reducing open space using locomotor skills in combination with movement
- Demonstrate the ability to quickly transition between offense and defense in games and sports through recovery and communication with teammates
- Set individually-engaging goals, monitor progress, make adjustments, and maintain or enhance personal fitness based on current fitness levels
- Demonstrate respect for self and others in the physical education setting through support of all participants, awareness of individual and collective actions, and upholding the experience over the outcome

**7th Grade PE Units**

- 1) Team sports and games
- 2) Individual sports and activities
- 3) Physical fitness pursuits

**Waukeee CSD 6-12 Guiding Principles**

- Responsive instruction and ongoing assessment are necessary for all learners to grow and progress.
- A body of evidence is used to determine proficiency.
- Course grades accurately communicate only academic achievement of the standards.
- Equitable practices and opportunities exist across all classrooms.