



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.

Progress Report Statement	Associated Objectives
Plan for Growth & Improvement	<p>S2.A1.IST Applies the terminology associated with exercise and participation in selected individual-performance activities appropriately (S2.H1.L1) → applied to plan</p> <p>S2.A3.IST Creates a practice plan to improve performance for a self-selected skill (S2.H3.L1)</p> <p>S2.A2.IST Uses movement concepts and principles (e.g. force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill (S2.H2.L1)</p> <p>S3:A4.IST Evaluates - according to their benefits, social support network and participation requirements - activities that can be pursued in the local environment (S3.H4.L1)</p> <p>S3.C3.IST Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation (PNF), dynamic) for personal fitness development (e.g. strength, endurance, range of motion) (S3.H9.L1)</p> <p>S4:A1.IST Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed (S4.H1.L1) → discussed in plan</p>
Demonstrate Fitness & Strength Training Techniques	<p>S1:A1.IST Demonstrates competency and/or refines activity-specific movement skills in <u>2 or more</u> lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games) (S1.H1.L1)</p> <p>S1:C1.IST Demonstrates competency in 1 or more specialized skills in health-related fitness activities (S1.H3.L1)</p> <p>S2.A1.IST Applies the terminology associated with exercise and participation in selected individual-performance activities appropriately (S2.H1.L1) → applied to action</p> <p>S3.C1.IST Demonstrates appropriate technique on resistance training machines and with free weights (S3.H7.L1)</p> <p>S4:A1.IST Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed (S4.H1.L1) → executed</p>
Demonstrate Responsible & Safe Interaction in the PE Space	<p>S4:B1.IST Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance (S4.H2.L1)</p> <p>S4:C1.IST Uses communication skills and strategies that promote team or group dynamics (S4.H3.L1)</p> <p>S4:C2.IST Solves problems and thinks critically in physical activity and/or dance settings, both as an individual and in groups (S4.H4.L1)</p> <p>S4:D1.IST Applies best practices for participating safely in physical activity, exercise and dance (e.g. injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection) (S4.H5.L1)</p> <p>S5:D1.IST Identifies the opportunity for social support in a self-selected physical activity or dance (S5.H4.L1)</p>