

**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.

**8th & 9th Grade PE Description**

The goals of this course are to develop physical fitness, establish an understanding of individual and team sports while promoting a healthy lifestyle.

**Students will...**

- Develop specialized motor skills.
- Understand movement concepts, principles, strategies, and tactics in physical activity.
- Acquire understanding of health-related fitness components.
- Demonstrate safe practices, rules, procedures, and etiquette in all physical activity settings.
- Develop respect for others and participate cooperatively in physical activity.
- Understand the personal, social, and emotional benefits of physical activity.
- Understand the health benefits of physical activity.

**8th & 9th Grade PE Units**

- 1) Basketball
- 2) Football
- 3) Volleyball
- 4) Softball
- 5) Pickleball
- 6) Badminton
- 7) Soccer
- 8) Floor Hockey
- 9) Strength Training
- 10) Ultimate Frisbee/Frisbee Golf
- 11) Golf
- 12) Yard Games

**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.