

**Secondary PE Department Philosophy Statement**

The Waukee 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
<p>Demonstration of Fitness Knowledge and Skills</p>	<p>Demonstrates competency in 1 or more specialized skills in health-related fitness activities. (S1.H3.L1)</p>
	<p>Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games).<sup>24</sup> (S1.H1.L1)</p>
	<p>Demonstrates appropriate technique on resistance training machines and with free weights.<sup>36</sup> (S3.H7.L1)</p>
	<p>Uses strategies and tactics effectively during game play in net/wall and/or target games. (S2.H5.L1)</p>
	<p>Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill.<sup>27</sup> (S2.H2.L1)</p>
	<p>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).<sup>40</sup> (S3.H9.L1)</p>
<p>Responsibility &amp; Social Interaction</p>	<p>Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed.<sup>47</sup> (S4.H1.L1)</p>
	<p>Uses communication skills and strategies that promote team or group dynamics.<sup>50</sup> (S4.H3.L1)</p>
	<p>Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment</p>
<p>Safety in Physical Activity</p>	<p>Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)</p>
	<p>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>