

**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.

**Individual Sports Description**

The goal of this course is to establish an understanding of a variety of individual sports while promoting a healthy lifestyle through physical activity. This course exposes students to different pathways to participate in physical activity. Skills, techniques, and fundamentals of each sport will be emphasized. All outdoor activities are weather-permitting. Possible course activities include: golf, tennis, archery, disc golf, badminton, pickleball, table tennis, and yard games.

**Students will...**

- Apply the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics, and/or outdoor pursuits appropriately
- Use movement concepts and principles (e.g. force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill.
- Use strategies and tactics effectively during game play in net/wall and/or target games.
- Apply strategies and tactics effectively during game play in net/wall and/or target games.

**Individual Sports Units**

- 1) Badminton
- 2) Pickleball
- 3) Archery
- 4) Tennis
- 5) Disc Golf
- 6) Table Tennis
- 7) Golf

**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.