

**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.

**Peer Assistance Learning (PAL PE) Description**

PAL PE is a physical education course designed for students who may benefit from a combination of differentiated instruction and peer assistance in the Physical Education setting. This course provides a fun and inclusive atmosphere in which all students will learn about and experience health, fitness, and recreational activities as well as social and interpersonal development. PAL PE also supports the development of leadership skills for all students, and empowers all students to foster an inclusive environment school-wide. Students involved in the Best Buddies program will receive first priority in the scheduling process.

**Students will...**

- Discuss the benefits of a physically active lifestyle as it relates to college or career productivity
- Evaluate risks and safety factors that might affect physical activity preferences throughout the life cycle
- Employ effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed
- Exhibit proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance
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- Accept others' ideas, cultural diversity, and body types by engaging in cooperative and collaborative movement projects

**Peer Assistance Learning (PAL PE) Units**

- 1) Team Sports
- 2) Individual Sports
- 3) Recreational/Leisure Activities
- 4) Community Mobility Experiences

**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.