

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.

HS Virtual PE Description

This is an **online** physical education class **completed outside of the school day** focused on creating individual lifelong wellness habits. The course combines a physical daily workout and fitness reflection with social and academic components. Students will work with the teacher to develop a personalized wellness program for improvement, while maintaining a workout log and reflection that fits their individual strengths, interests, and goals.

Students will...

- Explain fitness components and identify components as applied to various fitness activities
- Develop a personal wellness improvement plan
- Demonstrate improved strength, endurance, and/or flexibility as related to personal wellness improvement plan
- Reflect on progress toward goal achievement, refining plans as needed
- Understand and apply stress management techniques

Virtual PE Units

1. Individual cardio, strength, and flexibility workouts
2. Weekly workout log with fitness reflections - logs will focus on a different fitness component each week
3. Weekly academic lesson connected to a fitness component
4. Personal wellness improvement plan that includes regular reflection and refinement
5. Weekly academic lesson connected to a focus which will include:
 - a. Introduction to Fitness Components
 - b. Overcoming Barriers to Exercise // Defining Physical Activity vs Exercise
 - c. Benefits of Strength Training
 - d. Benefits of Flexibility
 - e. Benefits of Cardio
 - f. Body composition
 - g. Benefits of Exercise and Mental Health
 - h. Stress Management

Waukee 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.