

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.

Warrior / Wolf Fit Description

The goal of this course is to offer students a fitness program involving a variety of aerobic activities to enhance their cardiovascular fitness. Students will gain the skills and knowledge needed to maintain fitness levels post-high school. Activities can include HIIT workouts, circuit training workouts, aerobics, kick-boxing, and yoga.

Students will...

- Analyze the health benefits of a self-selected physical activity
- Discuss the benefits of a physically active lifestyle as it relates to college or career productivity
- Apply the terminology associated with exercise and participation in selected individual-performance activities or lifetime activities
- Combine movement concepts with skills in small-sided practice tasks in game environments, gymnastics and dance with self-direction

Warrior Fit Units

- 1) Components of Fitness
- 2) Circuit Training vs HIIT
- 3) Active Recovery
- 4) Fitness Beyond High School

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.