

Department: Physical Education

Revised: April 2017

Mission Statement

The mission of physical education at Lomira High School is to motivate all students to sustain regular lifelong physical activity as a foundation for a healthy, productive, and fulfilling life.

How We Will Achieve Our Mission

- Curriculum is focused on allowing students the opportunity to learn a variety of skills, activities and health related topics.
- Create a safe learning environment in which students feel comfortable to actively participate and learn in different settings. I.e. gym, weight room, cardio room, outdoor activities.
- Allow students the opportunity to realize that physical education is a lifetime activity.

Course: All

PK-12 Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

1:4:A1 Demonstrates proper mechanics needed for success in target sports such as archery, casting/fishing, golf, and Frisbee® golf.

1:4:B3 Manipulates a ball at moderate to fast speeds, while maintaining control of the ball in drills and game play.

PK-12 Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

2:4:B2 Identifies a new skill to be learned and lists a scientific principle that can be applied to improved performance.

PK-12 Standard 3: Participates regularly in physical activity.

3:4:A2 Accumulates a recommended number of minutes of moderate to vigorous physical activity outside of physical education on five or more days per week.

3:4:B1 Establishes goals by identifying strengths and weaknesses using personal fitness assessments.

PK-12 Standard 4: Achieves and maintains a health-enhancing level of physical fitness

4:4:A6 Meets the age- and gender-specific health-related fitness standards defined by evidence-based assessments (e.g., FitnessGram).

PK-12 Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

5:4:A3 Works with peers willingly, regardless of skill level and individual differences in partner and small group situations.

PK-12 Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

6:4:A2 Identifies reasons to participate in physical activity in the local community.

6:4:B1 Demonstrates, through verbal and nonverbal behavior, cooperation with peers of different gender, race, and ethnicity in a physical setting.