

## Purpose Statement:

The purpose of the PE Department is to focus on the growth of students on foundational and advanced skill development. The focus is on healthy lifestyle and creating students that want to have a positive impact on their mind and body. Furthermore, building on specific skills of life-saving techniques, health, and wellness. While obtaining mastery level understanding of the Wisconsin State Standards.

## Standards Utilized:

[Wisconsin State PE Standards](#)

## PE Progression:

- Elementary
  - Learn the foundation of skills needed to be active
- Middle
  - Maintain step counting range as determined by trail run in the spring of 2025.
  - Use learned skills and new skills to try and build a base for a 10,000 steps movement daily goal.
- High
  - Continue emphasis on the importance of 10,000 steps, but now focus on getting those steps while being in the specific THZ ( during various activities.
  - More in-depth focus on THZ and circulatory systems, cardiovascular systems, and lifelong health.

## The Role of Pedometers and Heart Rate Monitors in Physical Education

### Accurate way to measure student activity

- Removes teacher subjectivity

### Provide students with instant feedback

- How active was I today?
- How do I feel?

### Provide teachers with instant feedback

- Did my lesson go as planned?
- How active were the students?
- Was there too much downtime in my class today?

### Data

- Supports physical education teachers by being able to create reports to share data with parents.

### Goal Setting

- Helps students set goals and monitor progress in an effort to achieve a healthy lifestyle. Allows for differentiated activities based on student interest to be consistently measurable with each other.

### Time Saving

- The entire class can have data downloaded in less than 2 minutes.

### Visual for students learning how to live a healthy lifestyle

- In conjunction with health, teach how many steps are needed to burn off different foods that were eaten.

### Pedometers - Help towards goal of 10,000 steps per day

- Teach why 10,000 is important
- 5 components to a healthy lifestyle: body composition, muscle strength, muscle endurance, body composition, cardiovascular endurance
- Accountability
- Used daily
- Kids don't have to be concerned about being "good" at skills or games, as we are trying to promote a healthy lifestyle
- Motivator for more active classes

### Heart Rate Monitors

- Used 2-3 days per week during cardiovascular activity
- Classes: PE9, PE10, Team Sports, Lifetime Activities, Functional Fitness
- Students understand the type of output needed to be in their target heart rate zone and learn to be able to stay in their zone.
- Promote lifelong fitness awareness of their circulatory and cardiovascular systems
- Measurable in class, that is, objective
- Emphasis on not having to be athletic to be healthy
- To show how the cardio and circulatory systems change over time (THZ) as we age