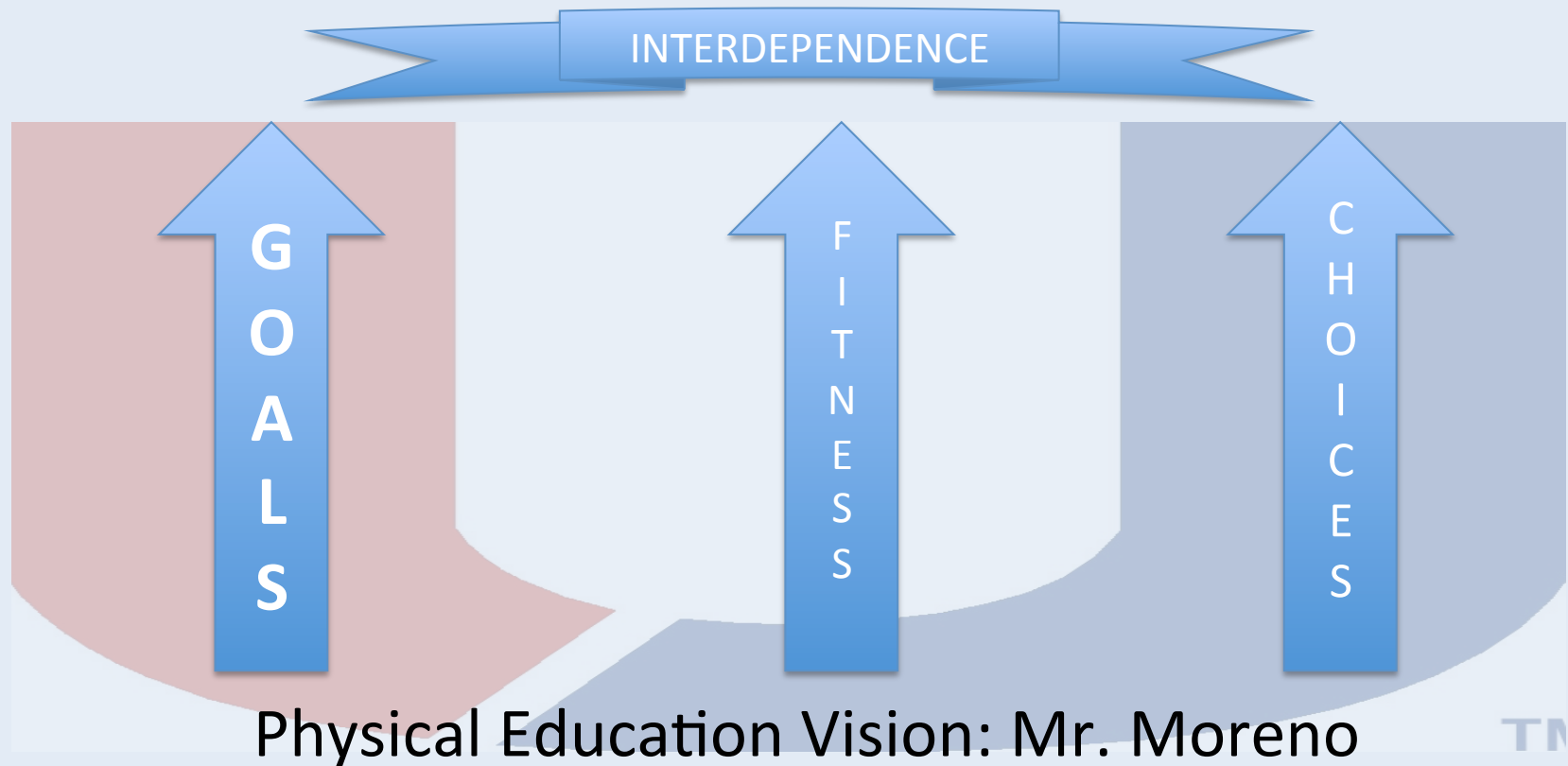


Urbandale Will Be a School District that Brings Learning to Life for Everyone



To develop a physically educated person who participates confidently in many different forms of physical activity, values physical fitness, and understands that both are equally related to health and well-being.

Urbandale Physical Education

1. Combines and applies movement skills to demonstrate proficiency in at least two lifetime recreational, team or individual activities.
2. Explains the interrelationships among physical, emotional, cognitive, and scientific factors that affect performance.
3. Explains and demonstrates advanced offensive, defensive, and transition strategies in team and individual activities.
4. Participates in moderate to vigorous physical activity at least 25 days each semester.
5. Lists and describes the components of exercise prescription such as overload principle, type, progression, or specificity.
6. Acts independent of negative peer pressure during physical activity.
7. Recognizes and resolves conflicts during physical activity.
8. Evaluate personal fitness level based on H.S. fitness tests.

UHS PHYSICAL EDUCATION CLASS LEARNING GOAL

100% of PE students will learn the value of lifelong physical activity and wellness and will score proficient in the performance of physical skills and the requirements of sportsmanship and fair play.

UHS PHYSICAL EDUCATION CLASS MISSION

As a class we will....

- **Prepare and become proficient in muscular endurance and flexibility.**
- **Help each other in class work towards achievement of improving the various components of fitness.**
- **Create a positive and comfortable environment while exercising in class.**
- **Work towards improving skills necessary to perform well on the fitness test. More specifically sit and reach and sit up test.**