Trout Lake Physical Education
K-4th Grade, 2026-2027
Mr. Timmy Waller

Introduction

Welcome to your physical education class. This class description contains a summary of the class this year--class expectations and procedures, what units we will cover, and how you will be graded.

Basic Procedures at the Beginning of Each Class

1. At the beginning of class, stand in a neat line at the Elementary entrance to the gym (if inside), or outside of your classroom (if outside).
2. Once we go into the gym or out to the field we will play at, get in your warm-up lines.
3. Participate in warm-up.
4. Listen to Mr. Waller (aka Mr. Timmy!), explain the activity for the day.
5. Participate and have a blast in the activity! :)

Class Rules

1. Listen to the teacher!
    a. Ears, eyes, and mouth.
2. Treat each other with respect and kindness
    a. Encouraging, not bragging
3. Try all activities
4. Give your best effort
5. Have fun!

Class goals

- The goals for PE are to help learn a healthy lifestyle by introducing students to exercise and a variety of sports and activities that they can participate in and enjoy throughout life.
- We will learn basic skills, techniques, and rules of how to play several different sports including soccer, basketball, volleyball, disc golf, softball, and more.
- We will also play fun group/playground games including tag games, capture the flag, foursquare, gaga ball, parachute games, jump rope, and more.
- We will also learn warm-up exercises, stretches, some basic body weight exercises (like sit-ups and push-ups), some balancing and gymnastics techniques, and other fun stuff.
- We will explore many different life lessons that we can learn through sports.

Grading

You will be graded on a scale of 1-4 in two different areas. “4” means above average and will usually only be given for exceptional levels. “3” is what everyone is shooting for which means at appropriate grade level. “2” means needs improvement in that area. “1” means needs significant improvement

- Participation and Sportsmanship
- PE Skills (are you at a age-appropriate level for PE skills)

Elementary Rotation

You will have PE every other day. 3rd and 4th grade are paired together, and Kindergarten, 1st, and 2nd grade are grouped together. Your teachers will have that schedule and will keep you updated on it.

Units

Most units will be done for approximately 3 weeks unless otherwise listed. Some units may be added or changed as I see need or as class-interest leads me. Along with these sport units, we will be doing a lot of fun group games like capture-the-flag, freeze tag, line tag, parachutes, etc to mix things up!

- Soccer
- Intro into Flag Football/throwing/catching
- Disc Golf (1-2 weeks weather permitting)
- Beachball Volleyball
- Floor Hockey (2 weeks)
- Dodgeball
- Basketball
- Indoor Soccer
- Gymnastics/Jump Rope
- Dance (tentative)
- Handball
- Intro into Ultimate Frisbee/throwing/catching
- Disc Golf
- Track and Field
- Softball/Kickball/Wiffle Ball