

PHYSICAL EDUCATION DEPARTMENT

Philosophy:

The total education of a person involves their development spiritually, mentally, socially and physically. Therefore, physical education is a very integral part of the total curriculum in the educational process. Physical education enhances the overall health of young people by improving their cardiovascular endurance, muscular strength, flexibility, proper weight regulation, skeletal development, posture and coordination. The discipline learned in a quality physical education program carries over to a physically fit adult with reduced risks for heart disease, diabetes and cancer. Students are taught to respect their bodies and to show good stewardship for the “temple of the Holy Spirit” (I Corinthians 6:19) through proper training. God has made our bodies in a marvelous way (Psalm 139:14) and our students will learn how to properly care for those bodies in order to function more efficiently in their lives to their best potential for God’s glory and the rest of humanity. God also gives many physical talents that must be developed and used wisely as much as any musical, artistic, intellectual and spiritual gift should be developed and used wisely as being accountable back to God. Physical education helps increase our students’ mental alertness, academic performance and enthusiasm for learning. It develops our students in the areas of self-esteem, independence, personal responsibility, assertiveness, emotional control, mental toughness and effectively handling pressure. Physical education also teaches personal integrity, cooperation, persistence and good sportsmanship. It is preparation for life-long success.

Goals:

1. Students will develop a love for movement and fitness as a life-long habit.
2. Students will develop an appreciation for our bodies God created and how wonderfully we were made.
3. Students will be exposed to a variety of sports and activities and the skills involved.
4. Students will be challenged to demonstrate good sportsmanship and teamwork, to include others, and to honor God in play.

5. Students will recognize the relationship between physical activity and personal health.

6. Students will be able to explain the elements of fitness.