

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”
— 1 Corinthians 6:19-20 (NIV)

BIBLICAL FOUNDATION FOR TEACHING PHYSICAL EDUCATION

Since God has ordained the Holy Spirit to dwell within the body of the believer, it is important that we take care of our physical bodies to the glory of God. Physical Education allows the learner to acknowledge God's amazing Creation of the human body by encouraging continuous development of the body's physical abilities. Physical Education also provides a venue for teaching godly character, such as working as a member of a team, encouraging others, being gracious when one has been the "winner" and the "loser," and doing one's best to the glory of God.

EDUCATIONAL PHILOSOPHY

The Physical Education curriculum is designed to instruct the young student in basic motor skills, development of coordination and perception, organized game playing, teamwork, endurance, and strength training. Research tells us that the physical development of the young child affects the whole child's development and is specifically interrelated to a child's cognitive development.

PHYSICAL EDUCATION PROGRAM

Physical Education classes are offered twice a week for students in K5 through 6th grade and once a week for K4 classes. Each student is required to have a pair of athletic shoes that are used only for indoor PE. Student's PE shoes are kept in their classroom when not being used for PE. Each student is assessed on active participation, positive attitude and sportsmanship.