

# **Physical Education Curriculum**

## **Word of Life Lutheran School**

### **Philosophy**

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? (I Corinthians 6:19) Word of Life Lutheran School recognizes the need for children to treat their bodies as temples of the Holy Spirit. The teaching of Physical Education provides students with the knowledge, skills, and self-confidence they need to participate in a wide variety of physical activities during their school years and beyond. Participation in Physical Education motivates students to make a commitment to be physically active for life.

### **Objectives**

1. Establish patterns of regular participation in meaningful physical activity.
2. Develop competence of movement.
3. Apply concepts and principles of movement to the learning and development of physical skills.
4. Understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.
5. Achieve and maintain a health-enhancing level of physical fitness.
6. Demonstrate responsible personal and social behavior in physical activity settings.
7. Demonstrate understanding and respect for differences among people in physical activity settings.

### **Resources**

Word of Life Lutheran School uses the following resources to carry out the above mentioned objectives:

Ready to Use Physical Education Activities for Grades K-2. Parker Publishing Company Copyright 1992

Sports and Recreational Activities. Mosby Year Book Copyright 1991

Ready to Use Physical Education Activities for Grades 7-9. Parker Publishing Company