

COURSE DESCRIPTION
Physical Education

PHILOSOPHY

God created mankind as a triune being: body, soul and spirit. The value of achievement and fitness of all three aspects are implied in Scripture. Play, games and athletic competition provide opportunities to build and demonstrate Christian character. Development of basic physical ability contributes to participation in life-long activities that promote socialization and interaction with others for the building of the Kingdom of God.

CONTENT

Fitness. Balance. Safety in movement. Proprioception. Strength. Flexibility. Agility. Athletic positioning and footwork. Running, throwing, kicking, and catching technique. Specific skill sets and rules for sports such as basketball, volleyball, soccer, baseball, softball, football, pickleball, badminton, frisbee, hockey, racquetball, golf, and others.

OBJECTIVES

Students will acquire experience and competence in the content areas listed above. Students will have a basic understanding of the rules, strategies, and goals of specific sports and games. Students will appreciate the importance of personal fitness and a healthy lifestyle.

TEXT

N/A

INSRUNCTIONAL MATERIALS

Lecture, skill drills, field trips, participation in activities

EVALUATION

Participation, tests, homework assignments

TIME & CREDIT

55 min/day, 2 days/week, ½ credit per year, first and second semesters, offered to 9th –12th grades every year, varying sports emphases each year

COURSE DESCRIPTION

Health

PHILOSOPHY

God created mankind as a triune being: body, soul and spirit. God desires that each person experiences an abundant life, but that quality of life is based on habits and choices. Total health is a multidimensional measure of the quality of life and includes such aspects as physical, mental, social and spiritual maturity and wellness. Being in good health and practicing a healthy lifestyle allows a person to fulfill God's high calling for all His children.

CONTENT

The systems of the human body. Nutrition, fitness and exercise. Infectious and non-infectious diseases. Stress and anxiety. Life management skills. Right images and beliefs. Personal care. Choices, consequences and responsibilities. Maturity and relationships. Building spiritual strength and consistency in Christian living.

OBJECTIVES

Students will acquire experience and competence in the content areas listed above. Students will be able to apply this information to make wise choices that are pleasing to God and consistent with a Christian lifestyle.

TEXT

Total Health, Rivers Edge Publishing
Total Health Student Workbook

INSTRUCTIONAL MATERIALS

Textbook, workbook, handouts, supplemental reading, videos, internet resources, guest speakers, optional supplemental parent resources available

EVALUATION

Tests, quizzes, homework assignments, presentations, theses

TIME & CREDIT

55 min/day, 2 days/week, ½ credit per year, first and second semesters, offered to 11th–12th grades in odd-even school years (2019-20, 2021-2022)