

Course Description

Elementary Physical Education

Philosophy Statement: Each person is a divine created being. The body is a priceless possession – the temple of God. Students should learn that their bodies are important; should learn how to use them appropriately and efficiently; and strive to make healthy choices with regards to eating habits and levels of physical activity. The Bible teaches us that we were created to bring honor and glory to God in all that we do. Physical education can help the students to understand his/her uniqueness as a creation of God; assist the student in beginning to develop self-discipline; enable the student to reach his/her potential in the physical, mental, emotional and spiritual realms; and strengthen social interaction skills through the development and good sportsmanship.

Course Objective: Students will have the opportunity to be introduced to and practice the skills and techniques necessary to participate in a variety of physical activities and sports. They will understand the importance of daily physical activity and demonstrate healthy nutritional choices.

Materials:

- Appropriate clothing and shoes for physical activity
- The school will provide education equipment

Course Content:

- Cooperative play
- Physical fitness
- Volleyball
- Striking
- Catching, throwing
- Juggling
- Recreation/folk dancing and creative movement
- Jump rope
- Body/Spatial awareness
- Integrated games
- Special events (Olympics, holiday games, free play)

Areas to be Evaluated:

- Class participation
- Behaviour that is conducive to a learning environment

Additional activities:

As a mission project, all elementary students participate in the annual Jump Rope for the Heart event. Integrated units of study are facilitated throughout the year. Third-Sixth grade

students may participate in the Silver Skippers Jump Rope club, which meets after school once a week.

COURSE DESCRIPTION

MIDDLE SCHOOL PHYSICAL EDUCATION

Philosophy Statement: Each person is a divinely created being. The body is a priceless possession – the temple of God. Students should learn that their bodies are important; should learn how to use them appropriately and efficiently; and strive to make healthy choices with regards to eating habits and levels of physical activity. The Bible teaches us that we were created to bring honor and glory to God in all that we do. Physical education can help the students to understand his/her uniqueness as a creation of God; assist the student in beginning to develop self-discipline; enable the student to reach his/her full potential in the physical, mental, emotional and spiritual realms; and strengthen social interaction skills through the development of teamwork and good sportsmanship.

Course Objective: The students will have the opportunity to be introduced to and practice the necessary skills and techniques to participate in a variety of physical activities and sports. They will be able to utilize the skills they learn in team play.

Textbook: ACSI Physical Education Textbook

Materials:

Physical Education Uniform and appropriate shoes
Sports Equipment provided by the school

Time Allotment: 2-3 days per week, 40 minutes per day

Course Content:

Unit 1: Soccer
Unit 2: Flag Football
Unit 3: Volleyball
Unit 4: Basketball
Unit 5: Softball
Unit 6: Team Handball
Unit 7: Physical Fitness/Presidential Fitness
Unit 8: Disc Golf
Unit 9: Badminton

Areas to Be Evaluated:

- * Class participation
- * Individual progress in specific skills
- * Quizzes through sports participation and displayed knowledge of rules

Additional Activities:

- *Interscholastic sports teams sponsored by the academy