

ST. JOHN'S EVANGELICAL LUTHERAN SCHOOL
Curriculum in Physical Education

*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 with a price. Therefore honor God with your bodies.*

I Corinthians 6:19-20

Scriptural Rationale:

We believe physical education is a part of the child's overall education that is accomplished through the God-given ability of movement. Our physical education curriculum helps students understand the God-given ability of movement. Specifically, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically active lifestyle.

General Objectives:

Through a study of physical education students will:

- Understand our bodies are temples of the Holy Spirit and developing our physical skills builds up the temple.
- Follow Jesus' example by treating others with love and respect.
- Learn that whatever we do, we do it all to the glory of God.

Grade-Specific Measurable Objectives:

Grades K3-K4 students will participate in physical education in units with the following objectives:

Unit Objectives

Unit P-1: Good Vibrations Movement readiness, rhythm, balance, creative expression, general coordination