

Physical Education



Course Focus (Apply the following for each content standard.)

PE.1 Identify the principles of SDA Christian values in correlation with physical education.

- PE.1.1 Understand the importance of the full restoration of God's image by balancing the physical, mental, social, and spiritual aspects of life.
- PE.1.2 Recognize the body as God's temple.
- PE.1.3 Apply Biblical principles of healthy living to lifestyle practices.

Course Abilities (Apply the following to each content standard.)

PE.2 Develop abilities in physical education.

- PE.2.1 Knowledge of rules, strategies, and techniques.
- PE.2.2 Social skills (teamwork, sportsmanship, collaboration).
- PE.2.3 Respect (coaches, teammates, opponents, etc.).
- PE.2.4 Work ethic (practice, perseverance, setting and attaining personal goals).

PE.3 Be able to apply physical education knowledge and skills.

- PE.3.1 Demonstrate competency in a variety of physical activities.
- PE.3.2 Display positive sportsmanship in competition.
- PE.3.3 Identify the impact that physical education has on self-image and learning.
- PE.3.4 Exhibit personal improvement and understanding (skills tests, written exams, self-assessments, etc).

Course Content: Cognitive Abilities, Movement Competency, Lifetime Fitness, SDA Christian Values and Behavior

PE.4 Be able to use cognitive abilities in a variety of physical activities.

- PE.4.1 Understand and apply rules and strategies.
- PE.4.2 Comprehend effective movement concepts and biomechanical principles.
- PE.4.3 Identify and apply effective safety practices and procedures.

PE.5 Be able to apply movement competency in various physical activities.

- PE.5.1 Develop proper motor skills and movement patterns to perform a variety of physical activities.
- PE.5.2 Utilize effective practice methods to improve performance.
- PE.5.3 Demonstrate competency in many movement forms and proficiency in a few.

PE.6 Be able to understand the importance and benefits of lifetime fitness.

- PE.6.1 Utilize various tools, technologies, and methods to assess and track personal fitness levels.
- PE.6.2 Develop and implement a personal fitness program.
- PE.6.3 Acknowledge the values of physical activity (enjoyment, social interaction, self-expression, etc.).
- PE.6.4 Improve personal health through regular physical activity.

PE.7 Be able to develop perspective and put into practice SDA Christian values and behaviors in physical activities.

- PE.7.1 Understand the relationship between physical fitness and communication with God.
- PE.7.2 Exhibit responsible personal and social behavior that respects others and self.
- PE.7.3 Demonstrate understanding and respect for differences among individuals.
- PE.7.4 Represent Christ, school, and self in a positive manner.