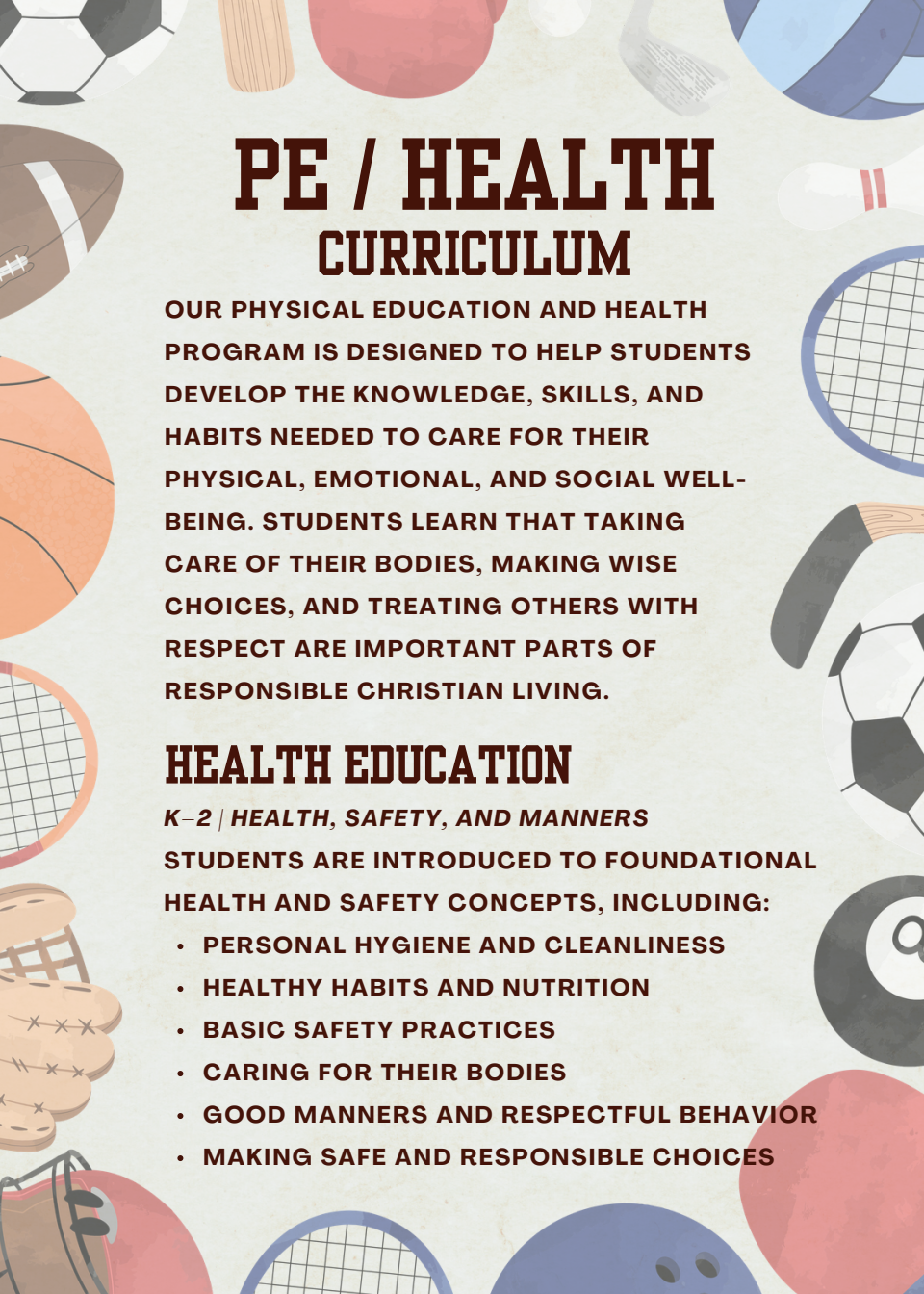




PE / HEALTH CURRICULUM

OUR PHYSICAL EDUCATION AND HEALTH PROGRAM IS DESIGNED TO HELP STUDENTS DEVELOP THE KNOWLEDGE, SKILLS, AND HABITS NEEDED TO CARE FOR THEIR PHYSICAL, EMOTIONAL, AND SOCIAL WELL-BEING. STUDENTS LEARN THAT TAKING CARE OF THEIR BODIES, MAKING WISE CHOICES, AND TREATING OTHERS WITH RESPECT ARE IMPORTANT PARTS OF RESPONSIBLE CHRISTIAN LIVING.

HEALTH EDUCATION

K-2 | HEALTH, SAFETY, AND MANNERS

STUDENTS ARE INTRODUCED TO FOUNDATIONAL HEALTH AND SAFETY CONCEPTS, INCLUDING:

- PERSONAL HYGIENE AND CLEANLINESS
- HEALTHY HABITS AND NUTRITION
- BASIC SAFETY PRACTICES
- CARING FOR THEIR BODIES
- GOOD MANNERS AND RESPECTFUL BEHAVIOR
- MAKING SAFE AND RESPONSIBLE CHOICES



HEALTH EDUCATION

GRADES 3–6 | CHOOSING GOOD HEALTH

STUDENTS BUILD ON FOUNDATIONAL KNOWLEDGE AND BEGIN TAKING GREATER RESPONSIBILITY FOR THEIR HEALTH AND CHOICES.

TOPICS INCLUDE:

- NUTRITION AND HEALTHY LIFESTYLE CHOICES
- PERSONAL HEALTH AND HYGIENE
- EXERCISE AND PHYSICAL ACTIVITY
- SAFETY AND FIRST AID AWARENESS
- EMOTIONAL AND SOCIAL WELL-BEING
- MAKING WISE DECISIONS AND DEVELOPING HEALTHY HABITS

GRADES 7–12 | ENJOYING GOOD HEALTH

OLDER STUDENTS EXPLORE HEALTH TOPICS WITH GREATER DEPTH AND DEVELOP SKILLS FOR MAKING RESPONSIBLE CHOICES AS THEY GROW TOWARD INDEPENDENCE.

TOPICS INCLUDE:

- PHYSICAL FITNESS AND NUTRITION
- PERSONAL AND MENTAL WELL-BEING
- HEALTHY RELATIONSHIPS AND DECISION-MAKING
- SAFETY AND PREVENTION
- PERSONAL RESPONSIBILITY
- DEVELOPING LIFELONG HEALTHY HABITS

STUDENTS BUILD ON FOUNDATIONAL KNOWLEDGE AND BEGIN TAKING GREATER RESPONSIBILITY FOR THEIR HEALTH AND CHOICES.

- **NUTRITION AND HEALTHY LIFESTYLE CHOICES**
- **PERSONAL HEALTH AND HYGIENE**
- **EXERCISE AND PHYSICAL ACTIVITY**
- **SAFETY AND FIRST AID AWARENESS**
- **EMOTIONAL AND SOCIAL WELL-BEING**
- **MAKING WISE DECISIONS AND DEVELOPING HEALTHY HABITS**

OLDER STUDENTS EXPLORE HEALTH TOPICS WITH GREATER DEPTH AND DEVELOP SKILLS FOR MAKING RESPONSIBLE CHOICES AS THEY GROW TOWARD INDEPENDENCE.

- PHYSICAL FITNESS AND NUTRITION
- PERSONAL AND MENTAL WELL-BEING
- HEALTHY RELATIONSHIPS AND DECISION-MAKING
- SAFETY AND PREVENTION
- PERSONAL RESPONSIBILITY
- DEVELOPING LIFELONG HEALTHY HABITS



PHYSICAL EDUCATION

PE PROVIDES STUDENTS WITH OPPORTUNITIES TO DEVELOP FITNESS, COORDINATION, MOTOR SKILLS, TEAMWORK, SPORTSMANSHIP, AND CONFIDENCE THROUGH AGE-APPROPRIATE PHYSICAL ACTIVITIES. STUDENTS WILL WORK ON:

- FUNDAMENTAL MOVEMENT AND MOTOR SKILLS
- COORDINATION, BALANCE, FLEXIBILITY, AND ENDURANCE
- STRENGTH AND PHYSICAL FITNESS
- SPORTS AND RECREATIONAL ACTIVITIES
- TEAMWORK AND COOPERATION
- SPORTSMANSHIP AND RESPECTFUL COMPETITION
- FOLLOWING RULES AND DEMONSTRATING RESPONSIBILITY
- SETTING GOALS AND PERSEVERING THROUGH CHALLENGES

PE IS DESIGNED TO ENCOURAGE STUDENTS TO BE ACTIVE, ENGAGED, AND RESPONSIBLE WHILE DEVELOPING SKILLS THEY CAN USE THROUGHOUT THEIR LIVES.

BIBLICAL WORLDVIEW

WE BELIEVE OUR BODIES ARE A GIFT FROM GOD AND THAT STUDENTS SHOULD LEARN TO CARE FOR THEMSELVES WITH WISDOM, DISCIPLINE, GRATITUDE, AND RESPONSIBILITY. PE AND HEALTH PROVIDE OPPORTUNITIES FOR STUDENTS TO UNDERSTAND THAT:

“YOUR BODY IS A TEMPLE OF THE HOLY SPIRIT.” — 1 CORINTHIANS 6:19