

Trinity Lutheran School

Curriculum Framework for: **Physical Education**

• **Philosophy** ✠

Through Physical Education, students will appreciate their body as a marvelous gift from God, understand their responsibility to maintain an active and healthy lifestyle, and develop fundamental physical, social, and fitness-related skills by participating in individual and cooperative activities.

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• **Broad Goals** ✦

From a Christ-Centered Perspective, Students Will:

1. *Appreciate their talents and abilities as gifts from God*
2. *Understand respective differences in individuals*
3. *Demonstrate responsible personal and social behavior in physical activity settings*
4. *Understand how to monitor and maintain a health-enhancing level of physical fitness for a well-rounded lifestyle*
5. *Apply concepts and principles of movement to the learning and development of physical skills*
6. *Use a variety of basic and advanced movement forms to demonstrate competency and proficiency.*
7. *Will understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction*
8. *Will be involved in activities that help reflect and develop Christian Character*