

Emmaus Lutheran School

Phy Ed Curriculum



Rationale based on Scripture

God is the Creator of all things, including Phy Ed. Our school is committed to providing students with a quality education in Phy Ed so they can function effectively as Christians in their church, community, and country. A quality education in Phy Ed will help students succeed in high school, in the work place, and help them witness to friends, neighbors, and co-workers about our Savior.

Exit goals for graduation

Students will demonstrate proficiency, understanding, and/or commitment to the following set of exit goals upon graduation. The level of proficiency of these exit goals will be dependent upon the individual gifts and effort of the student and at what grade the student started attending Emmaus.

- Demonstrate a positive attitude toward Phy Ed.
- Develop motor skills while playing cooperative games, structured sports, and other activities.
- Understand how to monitor and maintain a health-enhancing level of physical fitness throughout adulthood.
- Know how to develop rules, procedures, and etiquette beneficial to all students participating.
- Learn and practice team work and good sportsmanship.

Phy Ed Philosophy

- The purpose for teaching Phy Ed is to have students develop a healthy body and mind while continuing to improve physically to glorify God.
- Students will be equipped with the knowledge of physical activities that benefit their health.
- The skills and knowledge learned in Phy Ed will train students to properly take care of and maintain their bodies.

Teaching Phy Ed Philosophy

Effective instruction in Phy Ed...

- builds upon students' previous knowledge as they progress from grade to grade.
- utilizes multiple activities to adapt to the various skill levels of each student.
- gives each student the opportunity to use their God-given gifts and talents to the best of their ability.

Phy Ed Schedule

Each classroom has Phy Ed once a week. During years when a classroom has a smaller number of students, two classrooms will join together for Phy Ed class.

Resources

- TeachingIdeas.co.uk

- TeachersPayTeachers.com
- BreakThroughBasketball.com
- Physical Education for Elementary School Children by Robert P. Pangrazi Thirteen Edition
- Ready-to-Use P.E. Activities for Grades K-2 by Joanne M. Landy and Maxwell J. Landy