

Joshua Christian High School
Course Description

Physical Education

Objectives: The content of this course will enable the students to:

1. Participate in physically demanding activities
2. Learn about lifetime sports and the reasons for them
3. Refine and perfect sports skills techniques
4. Develop group cooperation
5. Exhibit Christian character and sportsmanship

COURSE CONTENT

1. Physiological Fitness - 40%
 - running/walking activities
 - circuit training (push-ups, pull-ups, sit-ups)
 - fitness games and relays
 - calisthenics
 - flexibility and stretching exercises
2. Sports Skills - 40%
 - soccer
 - softball
 - Volleyball
3. Lifetime Physical Activities - 20%
 - swimming: free style
 - bicycling: mountain and street
 - walking/hiking

Integration of Christian Truth:

Emphasis is on concern for others and self sacrifice in all aspects. Respect for authority is also emphasized at this time. "A student is not above his teacher, nor a servant above his master." Matt. 10:24. Self respect is emphasized in the independent physical activities to teach self discipline and self control.

EVALUATION OF STUDENT ACHIEVEMENT:

1. Regular participation in home workouts
2. Regular participation in scheduled practices
3. Regular participation in scheduled competitions
4. Cooperation and sportsmanship