

Joshua Christian High School

Grade 10
Mark Beardsall

Physical Education

I. Course Description

Physical Education is designed to encourage and teach good spiritual and physical health. It requires active participation by those involved. It causes us to be physically well and that in turn prepares us mentally and spiritually for the Lord's use. Our bodies are a temple of the Holy Spirit.

II Course goals and objectives:

A. Objectives:

1. Student will learn to pace cardiovascular exercise.
2. Student will develop group cooperation, "team work".
3. Student will learn about the proper development of the body.
4. Student will actively participate in sports and activities where mind and body come together.

B. Goals

1. It is important to have student participate in activities where all muscle groups are worked.
2. Student must learn that body and mind must come together for the betterment of the health.
3. Student will understand that we are preparing to care for today's needs as well as tomorrows battle.

III. Course content:

1. weightlifting (supervised daily workouts with weights)
2. Physical training: push-ups, sit-ups, running, and rider machine.
3. Baseball; plays on fall team in Sylmar; as well as spring team with DCHS.
4. Coordinates games with Pioneer Group on Wednesday nights.
5. Working with family business (tractor work) does handwork : shoveling, hoeing, removal of debris.
6. Physical outside in inside labor around the home, as requested.

IV. Resources:

1. "Bodybuilding, The Weider approach", author, Joe Weider; Contemporary Books, Inc., Chicago: copyright 1981

2. Treadmill, weightlifting equipment, rider machine, and videos.

3. Fall Baseball Team, Plays in Sylmar for approx 12 weeks.

4. Batting cages.

5. Spring Baseball Team, at DCHS.

6. Pioneer Club at Twin Lakes Community Church.

7. Physical exercise provided at home.

V. Grading

PARTICIPATION, ATTITUDE, worksheets for weightlifting workouts, ATTITUDE.