

Course Description

Grades 9-12 Fitness P.E.

Philosophy Statement: As Christians we are all God's workmanship; each uniquely created in Christ Jesus; called to be good stewards of our bodies, the temple of God's Holy Spirit. We desire that all students bring glory to God through a positive physical education experience. This program focuses on equipping students with the knowledge, understanding, and ability to participate in a lifetime of physical activity.

Course Objective: The High School physical education program is designed to encourage maximum participation in physical activity and also to prepare students for activities they can use for their own lifetime physical fitness. Anaerobic fitness through weightlifting will be the focus on Monday, Wednesday and Friday while aerobic fitness through outdoor running will be the focus every Tuesday and Thursday.

Textbooks: None

Materials: Weight room and its Contents

Time Allotment: 45 minutes per day, one semester

Course Content: Weightlifting on Monday, Wednesday and Friday

Outdoor running on Tuesday and Thursday

Areas to be evaluated:

- Participation and effort
- Weightlifting participation
- 25 mile run distance per quarter with 12 minute fitness runs