

## **Course Description**

### **Grades 9-12 Early Bird 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 early bird physical education program is designed solely as a weightlifting course that meets every Monday, Wednesday and Friday morning. Anaerobic fitness through weightlifting will be the focus.

**Textbooks:** None

**Materials:** Weight room and its Contents

**Time Allotment:** 45 minutes per day three days per week for one semester

**Course Content:** Weightlifting on Monday, Wednesday and Friday

**Areas to be evaluated:**

- Participation and effort
- Weightlifting participation the whole class period