

Bethlehem Lutheran School
Physical Education: First Grade

The physical education program is designed to be an integral important part of the educational system of Bethlehem Lutheran School. Through physical education a child learns to think correctly about his body realizing that it is the *“temple of the Holy Spirit”* to be known, appreciated, and properly treated. The student should display positive attitudes toward God, himself, and others as he participates in physical activity. As a part of the total school curriculum, physical education offers an organized, sequential progression of activities which provide for the social, physical, intellectual, emotional, and spiritual development of children and youth, teaching values and attitudes that will be of benefit for a lifetime.

State Standard 1

Student demonstrates competent skills in a variety of physical activities and sports.

Classroom objectives

- 1.1 Demonstrate such fundamental eye-hand and eye-foot skills as rolling, bouncing, throwing, catching, kicking, dribbling, and trapping.
- 1.2 Perform basic rolls and balances, while increasing body control and developing overall strength and flexibility.
- 1.3 Develop rhythmic locomotor movements including walking, running, leaping, hopping, jumping galloping, skipping and sliding.

State Standard 2

Students demonstrates competency in physical fitness.

Classroom objectives

- 2.1 Develop overall strength, flexibility, agility and speed of movement and appreciate an increased level of physical fitness.
- 2.2 Begin to demonstrate ability to do aerobic and anerobic activities in fitness testing.

State Standard 3

Students demonstrate the knowledge of factors important to participation in physical activity.

Classroom objectives

- 3.1 Appreciate creative expression in movement, learn basic rhythm to movement. Make use of God-given abilities in a wide variety of locomotor and non-locomotor activities.
- 3.2 Demonstrate knowledge of games, rules and methods of play of various activities.

State Standard 4

Students develop an understanding of self and others as created and loved by God, and demonstrate good sportsmanship through appropriate social and emotional behavior.

Classroom objectives

- 4.1 Learn the body is God’s temple, resulting in the personal care of that body.
- 4.2 Learn and appreciation and Godly respect for others in all movement and game-type activities, as well as a respect for all equipment used in these activities.