

Bethlehem Lutheran School
Physical Education: Fifth 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 Learn rhythmic steps and patterns in dance.
- 1.2 Continue to develop the eye-hand and eye-foot skills of throwing, catching, kicking, dribbling (hand and foot), and trapping.
- 1.3 Perform basic and intermediate level rolls and balances while increasing body control and developing overall strength and flexibility.

State Standard 2

Students demonstrates competency in physical fitness.

Classroom objectives

- 2.1 Develop overall strength, flexibility, agility and cardiovascular endurance, as demonstrated in a variety of activities and games, as well as in fitness testing.

State Standard 3

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

Classroom objectives

- 3.1 Learn Basic rules, skills and strategy of game play of a variety of sports offered in seasonal sequence.
- 3.2 Learn an appreciation for the organization of physical activities and games.
- 3.3 Understand some of the benefits of physical activity.

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 a continued awareness and appreciation of the body as God’s temple, and personal care and conditioning of that body.
- 4.2 Learn an appreciation and godly respect for others in combative and competitive activities, as well as respect for all equipment used in these activities.
- 4.3 Use physical activity as an emotional release, given appropriate behavior guidelines.