

Bethlehem Lutheran School
Physical Education: Sixth 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 from the social, physical, intellectual, emotional, and spiritual development of children and youth, teaching values and attitude 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 Improve his/her individual skills used in playing team sports and individual sports. These sports activities include, basketball, soccer, gymnastics, running, softball, kickball, floor hockey, volleyball, ultimate frisbee, cageball.
- 1.2 Demonstrate ability to use various defensive and offensive strategies in sports activities.

State Standard 2

Students demonstrates competency in physical fitness.

Classroom objectives

- 2.1 Increase overall fitness through participation in activities.
- 2.2 Develop cardiovascular physical fitness through aerobic endurance activities.
- 2.3 Increase overall overall body flexibility through routine stretches.
- 2.4 Strengthen the major muscle groups through activities and routine calisthenics.
- 2.5 Understand the basic concepts of physical training in the areas of aerobic, anerobic, strength and flexibility fitness.

State Standard 3

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

Classroom objectives

- 3.1 Learn to warm up properly so that participation in physical activities are safely done and enjoyed.
- 3.2 Demonstrate an understanding of benefits of physical activity by participation in various sports related activities.
- 3.3 Learn basic large muscle groups as they relate to flexibility and other training.
- 3.4 Demonstrate ability to use various defensive and offensive strategies in sports 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 Participate in group activities with a spirit of cooperation and support for others.
- 4.2 Learn the importance of teamwork when playing team sports.
- 4.3 Learn to use physical activity as an emotional release, given appropriate behavior guidelines.