

Bethlehem Lutheran School
Physical Education: Junior High Boys

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 Serve, Bump, and set a volleyball.
- 1.2 Dribble, pass, and shoot a basketball using sound basketball techniques.
- 1.3 Distinguish between zone defense and man to man defense and execute both types of defense.
- 1.4 Properly deliver a bowling ball and demonstrate proper form.
- 1.5 Keep score of a bowling game.
- 1.6 Catch, throw, and hit a softball using the proper techniques of each skill.
- 1.7 Pass, trap, shoot, dribble, head and juggle a soccer ball equivalent to their ability level and using proper soccer techniques.
- 1.8 Throw, catch, and punt a football using proper techniques.
- 1.9 Participate in three events of track and field at the Lutheran Schools Field Day.

State Standard 2

Students demonstrate competency in physical fitness.

Classroom objectives

- 2.1 Identify their strengths and weaknesses in the area of physical activity and then strive to improve those areas as they develop and mature.

- 2.2 Complete a series of six physical fitness tests at the beginning of the year and at the end of the year. The student's results are compared to national norms, examined by the instructor and shared with the student and parent.
- 2.3 Participate in and complete 15 minutes of various warm-up exercises each period and thus maintain awareness of their level of physical fitness.

State Standard 3

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

Classroom objectives

- 3.1 Recognize their body as God's temple and thus treat their body with respect through proper care and conditioning.
- 3.2 Understand and appreciate a variety of team sports and individual sports to be used for a lifetime of 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 Gain and develop self-control and a positive spirit of cooperation with his peers and instructors.