

**Bethlehem Lutheran School**  
**Physical Education: Junior High Girls**

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 Become more skilled (e.g., learning strategy, additional skills) in a favorite activity.
- 1.2 Use basic offensive and defensive strategies in a modified version of a team sport and an individual sport.
- 1.3 Combine skills to competently participate in a variety of sports.
- 1.4 Be able to serve, bump, and set a volleyball.
- 1.5 Be able to dribble, pass, and shoot a basketball using sound basketball techniques.
- 1.6 Be able to properly deliver a bowling ball and demonstrate proper form.
- 1.7 Be able to pass, trap, shoot, dribble, head and juggle a soccer ball equivalent to their ability level and using proper soccer techniques.

**State Standard 2**

*Students demonstrates competency in physical fitness.*

**Classroom objectives**

- 2.1 Participate in games, sports, dance, and outdoor pursuits, both in and outside of school, based on individual interests and capabilities for a lifetime of activity.

- 2.2 Identify their strengths and weaknesses in the area of physical activity and then strive to improve those areas as they develop and mature.
- 2.3 Recover from vigorous physical activity in an appropriate length of time.
- 2.4 Correctly demonstrate activities designed to improve and maintain muscular strength and endurance, flexibility, and cardio respiratory functioning.

**State Standard 3**

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

**Classroom objectives**

- 3.1 Recognize that idealized images of the human body and performance as presented by the media, may not be appropriate to imitate.
- 3.2 Recognize that time and effort are prerequisites for skill improvement and fitness benefits.
- 3.3 List long-term physiological, psychological, and cultural benefits that may result from regular participation in physical activity.
- 3.4 Demonstrate knowledge of the roles of team members and officials in sports.

**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 Be able to recognize their body as God's temple and thus treat their body with respect through proper care and conditioning.
- 4.2 Gain and develop self-control and a positive spirit of cooperation with her peers and instructors.
- 4.3 Accept and respect the decisions made by game officials, whether they are students, teachers, or officials outside of school.
- 4.4 Identify positive and negative peer influence.
- 4.5 Play within the rules of a game or activity.
- 4.6 Resolve personal conflicts with sensitivity to rights and feelings of others.
- 4.7 Consider the consequences when confronted with a behavior choice.