



To know Christ and to make his love known in our homes, communities, nation and world.
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Christ Alone Lutheran School P.E. Curriculum Guide (February 2013)

Philosophy

Physical education is part of Christian education that follows God's command to preserve our bodies as temples of the Holy Spirit. (1Cor. 6:19-20) This education is a vital part in the training of the child as a whole. The children are to realize this is done through the study and execution of various physical activities designed to coordinate and strengthen the body, while emphasizing doing all to the glory of God.

Goals

1. Students will develop an individual, optimal level of physical fitness.
2. Students will acquire knowledge of physical fitness concepts through a curriculum that emphasizes movement and maximum participation.
3. Students will grow in the five areas of wellness (spiritual, physical, emotional, social, and intellectual).
4. Students will understand the significance of lifestyle on one's health and fitness.
5. Students will discover lifetime activities that will enhance their overall health.
6. Students will glorify God as they lead God-pleasing lifestyles now and into the future.

Objectives

Our school has adopted the SPARK PE program. The program objectives for each grade level are found in the Physical Education portion of our Curriculum binder.