

# **Mt. Calvary-Grace Lutheran School**

## ***Physical Education Curriculum Guide***

### **Physical Education General Objectives**

Through Christ-centered physical education instruction, teachers strive to lead children to:

- Become aware that we are temples of the Holy Spirit. (1 Corinthians 6: 19-20)
- Develop an awareness that God allows us to use our bodies in their varying capacities.
- Use our bodies to glorify and praise our God.
- Participate in activities that glorify God.
- Develop an appreciation for wholesome and God-pleasing activities in school and outside of school.
- Learn and practice Christian principles of conduct while participating in activities.
- Develop physical fitness levels to serve God in our utmost capacities.
- Develop physically, socially, intellectually, and emotionally through physical activities.

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