



Class Name: Physical Fitness
Block 4 (12:35-1:30)
Fall & Spring 2024-25

Tutor: Shane McMillan

Grade Level: 8th-12th

Course Description:

This class will help students to take their fundamental motor skills and apply them to team sports settings, while laying the foundation for a healthy lifestyle through these activities. Students will also learn how to interact with one another in a way that is in obedience to God. How does God call us to use our physical bodies to honor Him? How can we be representatives of Him while being physically active?

Materials fee: \$30 per year (to purchase sports equipment)

Maximum # of students: 25

Minimum # of students: 10