



Tutor: Crystal Henry

Class Name: Physical Education

Grade Levels: Grades 5-12

Class Description: This class will help students to take their fundamental motor skills and apply them to group and individual sports settings, while also laying the foundation for a healthy lifestyle through these activities. Students will 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?

During the year we will touch on: *The 5 health-related components of fitness: Cardiovascular Endurance, Body Composition, Flexibility, Muscular Strength and Endurance *The 6 skilled-related components of fitness: Agility, Balance, Coordination, Power, Reaction Time, and Speed *Healthy eating and basic nutrition *Personal fitness and working out *Brief history and how to play team sports and individual sports such as volleyball, soccer, basketball, running, racket sports, ultimate frisbee, etc.

Prerequisites: Enjoy being physically active

Textbook/Author/Publisher: Tutor will provide all the handouts and homework sheets for this class.

Supplies Required: athletic wear and shoes for class

Materials/Lab Fee: \$30/year

Step Up: YES