

## **Philosophy of Physical Education**

Christian education is committed to providing a complete education for God's people. The goal of Christian education is to help children know Jesus Christ as their Savior, to grow in their faith, and to develop their talents to be used in this life to bring glory to God.

As Christians, we believe God created the human body. God has given man the ability to use and enjoy this body as a means of glorifying Him. The Christian student needs guidance in learning to appreciate and use God's creation of the human body to praise the Lord.

Through Physical Education, students will appreciate their body as a marvelous gift from God, understand their responsibility to maintain an active and healthy lifestyle, and develop fundamental physical, social, and fitness-related skills by participating in individual and cooperative activities.