

Physical Education



Overview

Believing that it is our responsibility to honor God in all that we do, and that our bodies are “a temple to the Holy Spirit” (1 Corinthians 6:19), students are taught that fueling their bodies with healthy food and keeping their bodies strong through regular exercise is honoring to God. At NorthCreek Academy, physical education is more than just playing games. It is also a chance for students to learn how to deal with conflict and to forgive others. It is an opportunity for students to learn how to lift-up less confident players. The skills learned in physical education are just one more part of their growing in knowledge of how to honor God in all aspects of their lives.

Kindergarten

Kindergarteners receive 30 minutes of instruction, one day per week. For kindergarteners, the focus is on basic movement, gross motor skills, spatial awareness, and knowing their bodies. In kindergarten, a big part of physical education is being able to follow a teacher’s directions and in working with others. At this age, students are “me” focused and PE helps them to learn how to take turns, and to work with and encourage others.

First Grade

During first grade, students receive 30 minutes of instruction, three days per week. They continue with fundamental loco motor and non-loco motor skills and fitness awareness. In this year, they also begin to learn some sport specific lead-up skills. We introduce games that not only encourage children to work on their own physical development, but also to help them to work well in team situations. Units of instruction include hockey, soccer, football, introduction to racket sports, fitness, jump rope, cooperative and tag games and parachute play. A weekly Bible verse is part of class instruction. Understanding of how God

works in all parts of our lives, and how this applies in physical education is discussed.

Second Grade

Second grade students receive 30 minutes of instruction, two days per week. We continue to build on the first-grade curriculum, working on skill mastery, manipulative skills, motor development and creative movement. Units of instruction include hockey, soccer, football, tennis, badminton, fitness, jump rope, cooperative- and tag games and parachute play. To help students gain a better understanding of God’s working in each part of their lives, a weekly Bible verse is part of class instruction and how this verse applies to physical education is discussed.

Third Grade

In third grade, students continue to receive 30 minutes of instruction, two days per week. This year, the level of student achievement becomes more challenging. Activities involving more strategy and team work are introduced, along with sport-specific history and rules. Students continue to participate in modified forms of sports including hockey, soccer, football, tennis, badminton, fitness, jump rope, cooperative- and tag games, and parachute play. Weekly Bible verses are part of class time, along with discussions to help students grow in their understanding of how God works in all parts of our lives and how this applies to physical fitness.

Fourth and Fifth Grade

Fourth and fifth grade students receive 45-minutes of instruction two days a week. The students at this level are engaged in many activities requiring more mature development of manipulative and loco motor skills. Students continue to grow in their knowledge of sport-specific history and rules, as



they continue to play modified forms of sports. Part of their physical and spiritual development happens through working in partner activities and small groups. As they work together, they learn to appreciate their God-given differences in physical abilities, strength and coordination, along with learning that He created us differently for His purpose. Units of instruction include hockey, soccer, tennis, badminton, football, fitness, jump rope, cooperative- and tag games along with parachute play.

Junior High

In junior high, physical education is scheduled in two, 40-minute classes. While in these classes, students work on skill development, team building and group dynamics, as they make improvements in their fitness performance, endurance and flexibility. A variety of sports are played as the basis for lead-up and small-sided games. In addition to sportsmanship, students are held accountable for class participation and personal-responsibility. As the students work together in partner activities, and as part of small groups, they learn to appreciate differences in their physical abilities, strength, and coordination, while recognizing that God created each of us differently for His purpose. Students are reminded that as a part of this, He has given each of us our own unique set of strengths. Along with having an opportunity to participate hockey, soccer, tennis, badminton, and football, students continue with fitness, jump rope, cooperative- and tag games and at this level, aerobics and dance are introduced.

After School League Sports

As a member of Bay Area Christian Schools Athletic League, our junior high students have the opportunity to compete in after-school league sports throughout the year. As part of this league, they can participate in girls' softball, boys' flag football, and both girls' and boys' basketball, soccer and volleyball and cross-country. All students who take part in league sports must both meet, and maintain eligibility standards.