

Physical Education Thematic Statement

(adapted from Society of Christian Schools in British Columbia, *Educating with Heart and Mind*)

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Our starting point in physical education is that man, created in God's image and renewed in that image in Jesus Christ, has to glorify God in his body. *"You are not your own; you are bought at a price. Therefore honour God with your body"* (1 Cor. 6:20). We cannot separate the spiritual, emotional, academic and social aspects of life from the physical. *"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?"* (1 Cor. 6:19). With our whole being, with our total character, with all our abilities we are called to serve God in this world.

In physical education we study the movement of the body and we practice skills to acquire and maintain physical fitness. The physical health of the body influences emotional health and mental abilities. Studies indicate that the coordination of body parts influence learning abilities. Therefore the discipline may not be an appendage to the curriculum; it should have a significant place in it. The key concepts of physical education involve those of movement and motor proficiency. Its primary focus may not be character development or leadership ability or improved social relations, though the physical education program, if taught properly, can be a positive factor in each of these areas.

Every child should learn the importance of the body and how to use it as an instrument that is affected by and in turn affects the other elements of his or her total being.

Physical education is fundamentally learning time. The stress in physical education is on the use of physical activity as a developmental medium in which the prime goal is not the activity itself, but rather the achievement of personal potentials through the activity. Physical education is education of, and education through, the physical. Physical education is a planned program of personal movement experiences that develops the body as a means rather than as an end. Physical education is concerned with the knowledge and understanding that occurs to the human being through muscular activity; how the human being can control and utilize this phenomenon for service to God; what the relationship of this movement is to other parts of God's creation; and how this movement forms the human being.