

# Phy Ed Class Description

## Grades 4-6

**Appropriate Grade Levels:** 4-6

**Prerequisites:** None

**Minimum # of Students:**

**Maximum # of Students:** 15

**Instructor:** Anna Ochoa

**Class Tuition:** \$130

**Supply Fee:** \$10

**Text:**

Eric Liddell – The Story of Eric Liddell

Tim Tebow – Through My Eyes: A Quarterback's Journey

**Required Materials/Supplies:**

- Water bottle
- Tennis shoes

**Description:**

This class will help students grow physically, mentally, socially, and spiritually through movement, teamwork, and character development. Students will participate in skill stations, team challenges that build strength, endurance, coordination, and confidence, and games.

Each class will include warm-ups, group team skill stations, active games, fitness challenges, and discussions focused on the qualities of a Christian athlete, including faith, perseverance, integrity, humility, and leadership.

Students will read and discuss one Christian athlete biography each semester:

**\*\*Semester 1: Eric Liddell – The Story of Eric Liddell: The Runner Who Lived for God's Glory\*\*\***

**\*Focus: Perseverance, faith, integrity\***

**\*\*Semester 2: Tim Tebow – Through My Eyes: A Quarterback's Journey**

**\*Focus: Leadership, discipline, faith, perseverance\***

The goal of this class is to help students improve physical skills, work together as a team, and grow in character while honoring God through their effort, attitude, and actions.