

Phy Ed Class Description

Grades 7-8

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.