

## **ILCA Physical Education Grades 6-12 Curriculum at a Glance**

Providing a quality Christian education upon which to prepare children for Godly leadership

- Increase literacy to live an active life
- Explore a safe and positive way to build skills while learning the rules of team sports and cooperative games.
- Be aware of the problems that can occur from being sedentary
- Continue monitoring fitness levels while learning different activities that can be used in and outside of school
- Learn a variety of movement sequences to different styles of music and creating routines, while continuing to focus on staying physically fit
- Improve individual personal fitness through training and conditioning activities
- Diet and safety play an essential role in execution of sports, games and activity
- Sport components and strategies increase the opportunity to promote lifetime participation
- Lifetime sports are important
- Safety first with a focus on basic rules and skill performance
- Safety first with a focus on competitive sports opportunities
- Practice improves performance
- Health and Fitness are beneficial to life
- Showing appropriate behavior, improvement, a knowledge of skills and regulations are critical elements in sports
- Exhibits responsible personal and social behavior that respects self and others