

## **Dynamic Physical Education – Middle School**

Middle school students at Gilbert Christian Middle School participate in our Dynamic Physical Education Program which provides students with a physical education experience that encourages them to develop a healthy and active lifestyle. Each lesson consists of a fitness segment which develops each child's muscular endurance, muscular strength, aerobic endurance and flexibility, and a lesson focus which leads to the development of sports skills such as those used in basketball, football, volleyball and hockey. Students will exhibit Christ-likeness by demonstrating good character through their participation in the many team and individual sports and activities offered.

## **Dynamic Physical Education – Elementary**

Elementary physical education lessons at Gilbert Christian Elementary School are carefully planned to help children develop a wide range of skills and seeks to honor God by expecting students to display proper conduct and sportsmanship as they practice Christian living through physical education activities. Skills are taught in order, simple to complex, so that each child is successful. In Kindergarten through second grade, the emphasis is on fundamental movement for the individual child. Each child has equipment ranging from jump ropes and beanbags to playground balls and hula-hoops. Grades third through fifth begin developing individual and team sport skills along with lifetime activities. It is our goal for students to exhibit a desire to strive for a high degree of health and fitness in order to vigorously serve God and others; to exhibit respect and sportsmanship of others, recognizing them as image bearers of God; and to exhibit an attitude of celebrative play, an outward evidence of a joyous relationship to God, in learning activities and sports.