



**Adventist Education**

A JOURNEY TO EXCELLENCE

# Physical Education

2010

**SECONDARY PHYSICAL EDUCATION STANDARDS  
IN SEVENTH-DAY ADVENTIST SCHOOLS**

OFFICE OF EDUCATION | North American Division Seventh-day Adventist Church

# Physical Education Standards

## OUR GOAL

The goal of Seventh-day Adventist education is about more than quality teachers providing innovative instruction. Adventist education aims to provide student learning infused with Christian faith and an Adventist worldview. To achieve this goal Seventh-day Adventist standards for grades 9-12 subjects have been carefully developed to embody Seventh-day Adventist beliefs and to prepare students for life-long learning, equipping them for earthly service and heavenly citizenship. An education of this kind imparts strong academic knowledge and a clear picture of Christ and His love for mankind.

These standards focus on what students should know, understand and be able to do. They will be a useful tool for teachers in developing lessons and ensure a thorough preparation for college or university when fully implemented across the curriculum.

### Seventh-day Adventist Secondary Standards:

1. Provide clear expectations for student learning and accountability.
2. Provide an essential user-friendly tool for developing instruction.
3. Transform textbooks from curriculum guide to a resource for instruction.
4. Provide for a complete and uniform Adventist secondary curriculum.
5. Have been developed exclusively by Seventh-day Adventist educators.
6. Have been aligned with the goals of Journey to Excellence
7. Have been developed using national and state standards, Adventist curriculum guides, and standards compendiums from McRel and Ten Sigma.

## RATIONALE

*Secondary Physical Education Standards for Seventh-day Adventist Schools* seeks to ensure that the beliefs and values of our Adventist Christian faith are integrated into the curriculum. Physical education courses from this type of curriculum should help students learn to reflect God's image while developing proficiency in the areas of physical education—cognitive abilities, movement competency, lifetime fitness, and valuing principles for healthy living. This kind of education imparts more than academic knowledge, it promotes wellness, and provides a portal through which students see a clear picture of Christ, His love for them, and His plan for optimum living. It fosters the balanced development of the whole person to prepare them for earthly service and heavenly citizenship.

These carefully developed physical education standards are a practical tool to assist teachers in focusing their instruction so that all students embrace the biblical-based understanding of the body and soul as one—the temple of God, explore the connection between physical activity and optimum mental health that leads to analysis and application of lifetime habits of fitness, well-being, and moral power of choice. The intent of these standards is to focus on the essence of what students should learn and retain.

## CREDITS

The following resources were referenced in developing *Secondary Language Arts Standards for Seventh-day Adventist Schools*: a sampling of state standards (California, Florida, Maryland, Texas), the National Association for Sport & Physical Education Standards, NAD Curriculum Guide for Physical Education, McREL Compendium of Standards, and Journey to Excellence.

## STANDARDS CODING

The standards and essential learnings have been coded so that educators can easily refer to them in their curriculum, instruction, assessment, and professional development activities. The coding system begins with the course abbreviation in letters, all are identified with PE—Physical Education. The first numeral refers to the standard (PE.1.2) and the second numeral refers to the subcategory (PE.1.2) under the standard.

## JOURNEY TO EXCELLENCE

When the standards on the next page have been met the instruction in this course will have also met some of the Goals and Essential Core Elements for the curriculum in Seventh-day Adventist schools listed in *Journey to Excellence*. The number (1.A) refers to the Goal and the letter (1.A) refers to the Essential Core Element that is met.

## PHYSICAL EDUCATION

1.D,E; 2.F; 3.B,D; 4.A,E; 5.A,B,C,D,E,F;  
6.B,D,E,F; 7.B,C,E; 8.A,C,E,F,G; 9.A,B,C;  
10.B,C,E,F

## COURSE FOCUS [Apply the following for each content standard.]

- PE.1 Identify SDA Christian principles and values in correlation with physical education.**
- PE.1.1 Understand the importance of the full restoration of God's image in mankind by the balancing of physical, mental, social, and spiritual aspects of life.
  - PE.1.2 Recognize the body as God's temple.
  - PE.1.3 Apply biblical principles of healthy living to lifestyle practices.

## COURSE ABILITIES [Apply the following to each content standard.]

- PE.2 Develop abilities in physical education.**
- PE.2.1 Develop a working knowledge of rules, strategies, and techniques.
  - PE.2.2 Utilize social skills (teamwork, sportsmanship, collaboration).
  - PE.2.3 Build respect (self, coaches, teammates, opponents, etc.).
  - PE.2.4 Develop a positive work ethic (practice, perseverance, setting and attaining personal goals).
- PE.3 Be able to apply physical education knowledge and skills.**
- PE.3.1 Demonstrate competency in a variety of physical activities.
  - PE.3.2 Display positive sportsmanship in competition.
  - PE.3.3 Identify the impact that physical education has on self-image and learning.
  - PE.3.4 Exhibit personal improvement and understanding (skills tests, written exams, self-assessments, etc).

## COURSE CONTENT: Cognitive Abilities, Movement Competency, Lifetime Fitness, SDA Christian Values and Behavior

- PE.4 Be able to use cognitive abilities in a variety of physical activities.**
- PE.4.1 Understand and apply rules and strategies.
  - PE.4.2 Comprehend effective movement concepts and biomechanical principles.
  - PE.4.3 Identify and apply effective safety practices and procedures.
- PE.5 Be able to apply movement competency in various physical activities.**
- PE.5.1 Develop proper motor skills and movement patterns to perform a variety of physical activities.
  - PE.5.2 Utilize effective practice methods to improve performance.
  - PE.5.3 Demonstrate competency in many movement forms and proficiency in some.
- PE.6 Be able to understand the importance and benefits of lifetime fitness.**
- PE.6.1 Utilize various tools, technologies, and methods to assess and track personal fitness levels.
  - PE.6.2 Develop and implement a personal fitness program.
  - PE.6.3 Acknowledge the values of physical activity (enjoyment, social interaction, self-expression, etc.).
  - PE.6.4 Improve personal health through regular physical activity.
- PE.7 Be able to develop perspective and put into practice SDA Christian values and behaviors in physical activities.**
- PE.7.1 Understand the relationship between physical fitness and communication with God.
  - PE.7.2 Exhibit responsible personal and social behavior that respects others and self and maintains balance in all aspects of life.
  - PE.7.3 Demonstrate understanding and respect for differences among individuals.
  - PE.7.4 Represent Christ, school, and self in a positive manner.

## DEVELOPMENT COMMITTEE MEMBERS

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