

PHYSICAL EDUCATION

INTEGRATION OF APPROACHES IN PHYSICAL EDUCATION

CLASS SCHEDULE for High School
Example only

| Week/ Date | Day | Pages | Topic | Approach | Integration |
|---------------|-----|-------|--|-------------------------|---|
| 1 | 1 | 5-7 | Introduction to PE | philosophy rationale | talk about the Adventist philosophy and rationale for PE |
| | 2 | | | REBIRTH | link to Self-worth and the realization that God loved us enough to pay a big price for us and that proves our worth to Him |
| | 3 | | | link | link to Peace that comes from Jesus. Satan brings trouble and fighting but I can choose to have the peace of Jesus in my heart |
| 2 | 1 | 7-12 | Flexibility Exercises | atmosphere | I can share my experience of being flexible enough to let God lead in my life. |
| | 2 | | | REBIRTH | link to Adaptability. Through prudent, regular and systematic exercises, we can handle the pressures of the day with more flexibility and in a more Christian way |
| | 3 | | | links | link to Fresh Air which benefits your muscles with better flexibility and aids your mind in a better understand of God's Word |
| 3 | 1 | 13-17 | Strength and Endurance Exercises | contributors | introduce some Christian athletes, such as Samuel Benavides who are witnessing for God |
| | 2 | | | links | link to Responsibility and endurance that gives strength to the body as holding on to God's promises gives vigor to the spiritual life |
| 4 | 2 | 18-21 | Exercises for Coordination and Balance | mission | the health message is the "right arm" of the gospel but we certainly want to balance it with preaching the saving grace of Jesus |
| | 2 | | | links | as we learn co-ordination of our movements, we see the Co-operation of the body parts and are reminded that the Bible tells us to co-operate in the church family |
| | 3 | | | links | we must Manage our Time to keep a balance in our lives |
| 5 | 1 | 22-25 | Exercises for Speed, Agility and Leg Power | atmosphere | I can share my experiences of God's care in a physical matter |