**Physical Education Course Description**

At Above & Beyond, Physical education is more than fitness; it’s an opportunity to honor God with our bodies. We will learn fun ways together to stay active and healthy while grasping that God created our bodies as his temple (1 Corinthians 6:19-20). Students in all grade levels will participate in various activities, games, and exercises while focusing on good sportsmanship and teamwork, along with more grade-specific topics that will be covered. ( listed below)

**Pre-K & Kindergarten**

**Course Description:**
This introductory physical education course for Pre-K and Kindergarten focuses on developing gross motor skills, coordination, and body awareness through fun, imaginative play and structured movement activities. Students engage in games, music-based movement, simple exercises, and basic sports skills that promote physical activity and social development. Emphasis is placed on listening, following directions, and cooperating with others in a safe and supportive environment.

**Grades 1–2**

**Course Description:**
Physical education for grades 1–2 builds foundational motor skills and introduces students to basic physical fitness concepts. Activities include running, jumping, catching, throwing, balance, and rhythmic movement. Students participate in cooperative games and learn to follow rules, take turns, and show good sportsmanship. The course encourages healthy habits, safe movement, and enjoyment of physical activity through structured play and age-appropriate challenges.

**Grades 3–5**

**Course Description:**
In grades 3–5, students continue to develop motor skills while learning the fundamentals of team and individual sports, fitness routines, and movement patterns. Emphasis is placed on improving endurance, flexibility, strength, and coordination. Activities may include soccer, basketball, tag games, obstacle courses, dance, and fitness circuits. Students learn the value of teamwork, perseverance, and personal goal-setting, all within a fun and encouraging atmosphere.

**Grades 6–8**

**Course Description:**
Middle school physical education emphasizes physical fitness, sport-specific skills, and cooperative and competitive gameplay. Students participate in a variety of team and individual sports, fitness challenges, and skill drills to improve strength, agility, and cardiovascular health. Topics such as sportsmanship, leadership, and lifelong fitness habits are integrated into activities. Students are encouraged to set personal fitness goals and reflect on their progress throughout the course.

**Grades 9–12**

**Course Description:**
High school physical education focuses on building lifelong fitness habits, refining athletic skills, and promoting overall well-being. Students engage in structured workouts, team and individual sports, strength and conditioning, and personal fitness planning. The course includes instruction on health-related fitness components (cardio endurance, muscular strength, flexibility, body composition) and may incorporate topics such as nutrition, injury prevention, and mental wellness. Emphasis is placed on responsibility, leadership, and self-motivation.