



Philosophy of Physical Education

The physical education program at Sanborn Christian School must instruct and nurture the students from a Reformed Biblical perspective as defined in our Statement of Faith. Since we believe the Bible to be the only infallible, inspired, and authoritative Word of God, it provides the foundation for all curriculums, including physical education.

The physical body is an integral part of the total human being created by God in His image. The body is a God-given possession in and through which we live the Christian life. The task of physical education is three-fold: First, we need to awaken in students thankfulness for the wonder of the body we possess. Secondly, we need to teach our students that to care for their physical bodies is part of their reasonable service to God so that we can serve Him. Thirdly, children need to be encouraged to incorporate cooperation, wise decisions, good attitudes, and actions pertaining to health, fitness, Christian work, and leisure through their lives. We teach this through health fitness, motor proficiency, expressive play, and knowledge and understanding of the human body in action.

Since we are all sinners we realize that we can (and often) do use our bodies in ways that are not glorifying to God. Students must realize that God created man in His own image. (Genesis 1:27a) Therefore, they must pattern their lives after His will. "Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God- which is your spiritual worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is- His good, pleasing, and perfect will." (Romans 1:1-2)

One focus of physical education is to provide students the opportunity to care for the bodies God has given them. "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." (Psalm 139:13-14)

Physical education reveals the knowledge that the body is not our own. "Don't you know that you yourselves are God's temple and that God's Spirit lives in you? If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple." (I Corinthians 3:16-17) Physical education reveals ways to use this knowledge on a daily basis to glorify Him for His continual faithfulness.

Since we view each child to be unique under the Lordship of Jesus Christ we will encourage them to make the most of their physical talents and abilities in whatever area God has blessed them with. We encourage each student to consider his or her body as a temple for the Lord and be responsible for how it is taken care of. Through sports and recreation we will motivate students to find activities that will strengthen their bodies and that they will continue to participate in throughout their school years and beyond. We also focus on emphasizing teamwork, cooperation, encouragement, and consideration for others in all the daily activities that are offered.