

PHYSICAL EDUCATION

K-8

DIOCESE OF SALT LAKE CITY
CATHOLIC SCHOOLS OFFICE
27 C STREET
SALT LAKE CITY, UTAH 84103

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“More precious than gold is health and well-being, contentment of spirit than coral.
No treasure greater than a healthy body; no happiness, than a joyful heart.”
Sirach 30:15-16

“We do not cease to play because we grow old, we grow old because we cease to play.”
George Bernard Shaw

“Do you not know that you are the temple of God, and that the Holy Spirit of God dwells in you? If anyone destroys God’s temple, God will destroy that person; for the temple of God, which you are, is holy.”
I Corinthians 3:16-17

PHYSICAL EDUCATION CURRICULUM COMMITTEE

K-12

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Physical Education Committee
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INTRODUCTION

In recognizing the wisdom and power of God in His creation and ongoing preservation of the human body, the students in physical education programs become aware of the obligation to care for one's own and others' physical health. The physical education curriculum is concerned with the development of both fundamental physical skills and the special skills related to team and individual sports. It also promotes the emergence of decision-making abilities, positive self-image, and a spirit of participation and cooperation.

ACKNOWLEDGMENTS

- ❖ Curriculum Guide for Elementary Schools,
Catholic Schools Office, Diocese of Salt Lake City, 2000.
- ❖ Teachers and Administrators in the Catholic Schools of Utah.
- ❖ The Utah State Responsible Healthy Lifestyles Core Curriculum
- ❖ Physical Education Curriculum Standards,