

KETTLE MORAINÉ LUTHERAN HIGH SCHOOL

PHYSICAL EDUCATION AND HEALTH DEPARTMENT

Graduates of the KML Physical and Health Education Department will be. . .

1. Growing Christians who are able to:

- 1.1 recognize that their bodies are temples of the Holy Spirit and a gift from God
- 1.2 realize that only an Almighty God is able to create and sustain the bodies we have been given
- 1.3 integrate health-enhancing fitness into their daily lives

2. Proclaiming Christians who are able to:

- 2.1 model the physical, cognitive, and effective benefits of a healthy lifestyle
- 2.2 demonstrate responsible personal and social behavior
- 2.3 utilize preventative health behaviors to reduce health risks

3. Discerning Thinkers who are able to:

- 3.1 demonstrate responsible personal and social behavior
- 3.2 identify ethical values to sports and fitness activities
- 3.3 illustrate the proper strategies and techniques of various games and activities

4. Self-Directed and Lifelong Learners who are able to:

- 4.1 evaluate personal life choices in order to improve personal health
- 4.2 integrate Christian discernment and health knowledge into the decision-making process
- 4.3 locate valid health information and health services
- 4.4 incorporate regular activity into their daily routines
- 4.5 use goal setting and decision-making to reach their full potential

5. Collaborative Contributors who are able to:

- 5.1 support others in their desire to become fit and healthy
- 5.2 share pertinent useful information about health and fitness
- 5.3 stay up-to-date on the latest information that relates to health and fitness

6. Servant Leaders who are able to:

- 6.1 resist the social evils that hinder and harm a person's body and reputation
- 6.2 take a stand against activities that are destructive and harmful
- 6.3 lead by example in promoting a healthy and active lifestyle
- 6.4 educate others about the benefits and logistics of a healthy and active lifestyle

7. Dedicated Stewards who are able to:

- 7.1 plan health-enhancing behavior as part of their daily lives
- 7.2 make use of the information, technology, and services available to promote and maintain their overall level of health and wellness
- 7.3 use the blessing of good health to serve the Lord