KETTLE MORaine 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