

Philosophy for Teaching Physical Education at Zion

“I praise you because I am fearfully and wonderfully made!” –Psalm 139:14

As managers of God’s creation, we strive to use all of His gifts to their full potential, including our bodies. Physical education classes at Zion help students gain an understanding of physical development, well being, and safety. Classes and activities develop basic locomotion and coordination skills as well as an interest in lifetime sports. At Zion, we strive to develop physical education classes that are inclusive, active and fun to help motivate all students in developing and maintaining their God-given physical abilities.