PE: Speed, Strength, & Skills Syllabus — Semester 1

Ages 8–12 | 12 Weeks | September–December

Class Time: 9:00 AM–10:00 AM

Class Purpose

This PE class is designed to help students develop physical fitness, coordination, teamwork, sportsmanship, perseverance, and confidence while connecting physical activity with Christian character and biblical truth. Each class combines movement and games with a short devotional, Scripture, prayer, and practical discussion.

Required Materials: Students should wear athletic/closed-toed shoes**.** Bring a full water bottle to class and possibly a change of clothes for those hot days.

Weekly Class Structure

Time	Activity
9:00–9:05	Welcome, Prayer & Word of the Week
9:05–9:15	Warm-Up & Fitness Game
9:15–9:45	Main Activity/Game
9:45–9:50	Cool-Down Stretches
9:50–10:00	Devotional Discussion, Prayer & Dismissal

9/4 Week 1 — Love

Word of the Week: Love
Bible Verse: John 13:34
Supplies: Cones
Warmups: Step Forward If.. (students will learn more about each other), Disasters game.
Main Activity/Game: Tails, Sharks & Minnows
Discussion: *How did you encourage someone today?*
Character Focus: Showing love through encouragement, kindness, teamwork, and the way we treat others.

9/11 Week 2 — Joy

Word of the Week: Joy
Bible Verse: Psalm 100:1–2
Supplies: Flags or Bandanas, Cones.
Warmups: Balloon Keep-up, Hurricane.
Main Activity/Game: Capture the Flag
Discussion: *What brings us joy?*
Character Focus: Finding joy in God, friendships, movement, and serving others.

9/18 Week 3 — Peace

Word of the Week: Peace
Bible Verse: Matthew 5:9
Supplies: Football, Soccer ball, Cones.
Warmups: Mirror Mirror, Hurricane.
Main Activity/Game: Steal the Bacon
Discussion: *What is peace?*
Character Focus: Being a peacemaker, handling competition well, and choosing calm responses.

9/25 Week 4 — Patience

Word of the Week: Patience
Bible Verse: Ephesians 4:2
Supplies: Cones, Ball, Baseball-plates, dice.
Warmups: Dice Fitness, Statue Tag.
Main Activity/Game: Kickball
Discussion: *How can we stay patient even when it's hard?*
Character Focus: Waiting our turn, encouraging teammates, and responding patiently when things do not go our way.

10/9 Week 5 — Kindness

Word of the Week: Kindness
Bible Verse: Ephesians 4:32
Supplies: Frisbees, Cones,
Warmups: Disasters
Main Activity/Game: Ultimate Frisbee
Discussion: *What are ways we can show kindness to our friends and teachers today?*

Character Focus: Practicing kindness through words, actions, teamwork, and encouragement.

10/16 Week 6 — Self-Control

Word of the Week: Self-Control
Bible Verse: Proverbs 25:28
Supplies: Ropes, Cones, Soccer Balls
Warmups: Coach says, Switch-Up
Main Activity/Game: Fitness Stations
Activity: Students rotate through different fitness stations featuring age-appropriate workouts and movement challenges.
Discussion: *How do we/how can we control our bodies and emotions?*
Character Focus: Controlling our bodies, reactions, emotions, and behavior—even when we are tired, excited, or frustrated.

10/23 Week 7 — Courage

Word of the Week: Courage
Bible Verse: Joshua 1:9
Supplies: Ropes, Cones, Hula Hoops, Noodles, Soccer Balls.
Warmups: Silent Line Up
Main Activity/Game: Obstacle Course
Discussion: *What does it mean to have courage?*
Character Focus: Trying difficult things, facing challenges, encouraging others, and trusting God.

10/30 Week 8 — Faith

Word of the Week: Faith
Bible Verse: Proverbs 3:5–6
Supplies: Items necessary for both games
Warmups: Follow the Leader workouts,
Main Activity/Game: Kids' Choice (between two options)
Discussion: *What does having faith look like? What does having faith in Jesus look like?*
Character Focus: Trusting God even when we cannot see or understand what comes next.

11/6 Week 9 — Gratitude

Word of the Week: Gratitude
Bible Verse: Psalm 107:1
Supplies: Soccer Balls, Cones
Warmups: Hurricane
Main Activity/Game: Soccer Basics
Discussion: *What does gratitude mean and how can we express it?*
Character Focus: Recognizing the good things God has given us and expressing thankfulness.

11/13 Week 10 — Humility

Word of the Week: Humility
Bible Verse: Philippians 2:3
Supplies: Ropes, Cones, Hula Hoops, Noodles, Soccer Balls.
Warmups: Switch Up, Mirror Mirror.
Main Activity/Game: Relay Races
Discussion: *Why can it be hard to show humility?*
Character Focus: Putting others first, celebrating teammates, and being a good sport whether we win or lose.

11/20 Week 11 — Forgiveness

Word of the Week: Forgiveness
Bible Verse: 1 John 1:9
Supplies: Dodgeballs, Cones.
Warmups: Disasters, Hurricane.
Main Activity/Game: Dodgeball
Discussion: *How can we show forgiveness today?*
Character Focus: Forgiving others, asking for forgiveness, and responding with grace when someone makes a mistake.

12/4 Week 12 — Generosity

Word of the Week: Generosity
Bible Verse: Proverbs 11:25
Supplies: Basic PE equipment.
Warmups: Follow the Leader workouts, Infection Tag.
Main Activity/Game: Partner Challenges
Discussion: *What is generosity?*
Character Focus: Sharing time, energy, encouragement, abilities, and opportunities with others.

Rainy Day Backup Plans

If outdoor activities are not possible, the following plans may be used.

Rainy Day Game Plan 1

Activities/Games:

- Fitness Tic-Tac-Toe
- Mini Challenges
- Dice Fitness

Focus: Students participate in short fitness challenges while practicing teamwork, problem-solving, movement, and encouragement.

Rainy Day Game Plan 2

Activities/Games:

- Mini Challenges
- Fitness Bingo
- UNO & Charades
- Dice Fitness

Focus: Listening skills, teamwork, strategy, and positive social interaction.

Semester 1 Goals

By the end of the first semester, students should have opportunities to:

- Improve coordination, balance, agility, strength, and cardiovascular fitness.
- Learn and practice basic sports skills.
- Develop teamwork and sportsmanship.
- Practice encouraging and supporting classmates.
- Connect physical activity with biblical character.
- Learn practical ways to demonstrate Christ-like character in everyday life.
- Grow in confidence when trying new activities and facing challenges.