



**INTERNATIONAL
CHRISTIAN
SCHOOL**

Health & Physical Education Department Handbook

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1. Introduction

Welcome to the Health & Physical Education Department at ICS. This Subject Handbook is designed to provide an overview of the Health & Physical Education Department's policies, procedures, and curriculum. It serves as a guide for teachers, students, and parents to ensure a cohesive and effective learning environment.

2. Department Vision and Mission

Vision:

To help our students know how to live an active and healthy life that honors Christ.

Mission:

To help students become competent, confident, and knowledgeable movers who are equipped to lead active, healthy lives that glorify God. We aspire that ICS Health & Physical Education students use their physical abilities to honour Christ through healthy competition, social interaction, and lifelong physical activities. We understand the significance of the various domains—physical, mental, social, emotional, and spiritual health. It is essential for students to engage in learning experiences that foster their development and growth in each of these areas, preparing them for a successful transition into adulthood.

3. ICS Teaching & Learning Philosophy

ICS Standards

ICS has a standards-based approach to education. This means we have clear and objective targets (standards) for learning in every subject, at every grade level. In the liberal arts (Math, Science and the Humanities) we emphasise the importance of knowledge, which is the basis for much of what we call 'skills'. In the creative arts (Music, Art and Drama) we emphasise the quality of both technique and interpretation. In Physical Education and Health we develop standards of physical capacity and skill.

Assessing learning of these standards is achieved by the use of proficiency rubrics, which clearly delineate a continuum from 'below standard' to 'approaching standard' to 'meeting standard' to 'exceeding standard'. Both formative and summative assessments are appropriate to the subject-specific standards. Theology is the 'Queen of the Sciences', and so the Bible has the pre-eminent place in our curriculum, training students in a Biblical worldview and understanding of the 'whole counsel of God'.

ICS Teaching & Learning Principles

- The Bible is our final authority in all matters of faith and conduct
- We use evidence-based practice founded on good cognitive science
- Optimal learning is knowledge-based and teacher-directed
- The teaching cycle: explicit instruction, modelling, practice, feedback
- The essence of a liberal arts education is deep reading, thinking, writing and discussion, in pursuit of goodness, truth and beauty.
- We prioritise the known benefits of physical reading and handwriting
- We prepare students to operate effectively in a dual-modal society: departmental handbooks outline where digital technology is effective in enhancing learning, and our curriculum policy details education in digital literacy
- ICS partners with parents in mitigating the harms associated with screen-based childhood and learning, including our policies on homework and device-use

Assessment

Formative assessment refers to a variety of methods teachers use to gather evidence of students' academic progress over time. Formative feedback to students aims to help students understand what to aim for and how to achieve that.

Summative assessments are high-stakes assessments that are used to evaluate students' proficiency against ICS Standards in a particular unit, semester, or course.

4. Health & Physical Education Department Curriculum Links

- **Curriculum Introduction**

The focus of the ICS Health and Physical Education curriculum is to provide individual students an opportunity to develop personal fitness, muscular strength, flexibility and agility, knowledge about specific activities, and a predisposition to develop and maintain physical skills and positive Christian attitudes toward lifelong participation in physical activity as a means of honoring God. We will achieve this by instilling in them Biblical standards and values through a balance of physical activities and challenges and expect each student's personal best every day. Students are encouraged to continue taking elective courses including Advance P.E. Personalized Fitness and Leadership in PE.

- **Middle School**

Content:

Grade 6 PE Scope and Sequence

Grade 7 PE Scope and Sequence

Grade 8 PE Scope and Sequence

- **High School**

Content:

Grade 9 PE Scope and Sequence

Grade 10 Advance PE Scope and Sequence

Health Scope and Sequence

Personalize Fitness PE Scope and Sequence

Leadership in PE Scope and Sequence

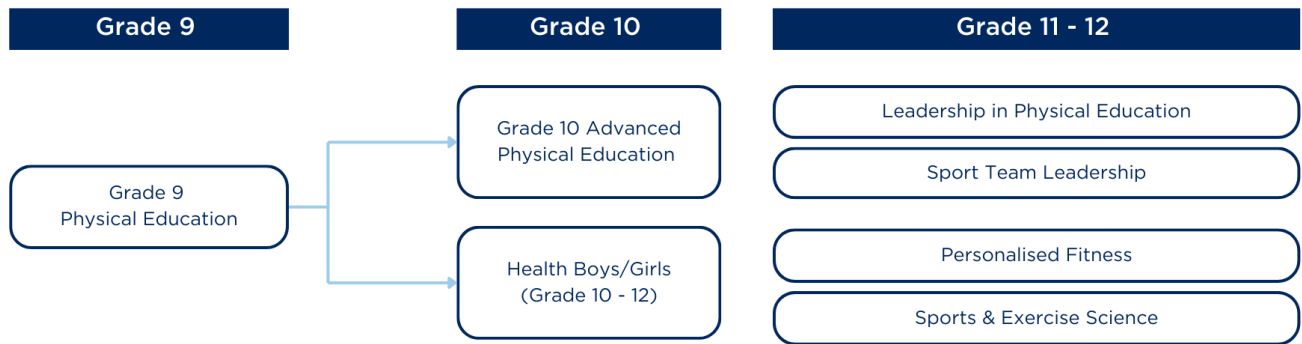
Sport and Exercise Science in PE Scope and Sequence

Advanced Individual Sports Contract PE Scope and Sequence

- **Health and Physical Education Pathways Grade 6 - Grade 12**

[Secondary Course Pathways - High School Course Guide](#)

Health and Physical Education Course Pathways



1.5 credits of Physical Education and 0.5 credits of Health are required for graduation

5. School & Department Policies

- **General Classroom Practice**

We will provide students with multiple challenges that reinforce and enhance their natural tendency to learn, move, and play. All activities will be tailored to the general ability levels of the students in the class. It is expected that all students participate and attempt all activities to the best of their abilities. We expect to maintain a classroom environment that is inclusive, respectful and fun.

It is important that each student has read and understood the uniform and changeroom policies relevant to Health and Physical Education, including those related to safety.

Teachers are responsible for communicating Unit Rubrics at the beginning of every Unit of Study to students and parents as well as feedback on every assessment against the rubric.

- **Homework Policy**

We adhere to the [ICS Homework Policy](#)

- **Technology Policy**

We adhere to the [ICS Technology Policy](#)

- **Assessment Policy**

We adhere to the [ICS Secondary Assessment Policy](#)

- **Health and Safety**

All PE teachers are qualified in First Aid, CPR and Bronze Medallion.

Students are able to visit the ICS Health Office at any time, where qualified medical staff are present and available to attend to any injuries.

In the event of an emergency, the Health Office or teacher will call 999.

All such guidelines are maintained in the [ICS Safety and Security Policy](#)

6. Co-curricular Clubs, Trips and Activities

- **Activities**

The ICS PE Department supports students in a number of annual competitions.