



Awaken Academy
Partnering with Parents

COURSE SYLLABUS

Obstacle Course PE

Tuesdays from 12:30 to 1:25 pm
Bressi Ranch Campus, Fall 2020

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”

- 1 Corinthians 6:19-20

Teacher Megan Wagner
Email meganwagnerevents@gmail.com
Text/Cell 760.518.5892

Course Details When we become a Christian God fills us with the Holy Spirit. Our body is no longer our own and instead becomes a temple for that Holy Spirit. We need to take care of what has been given to us physically, mentally and emotionally. In this class we will learn how to take care of our body physically. We will warm up, stretch and learn different ways to increase flexibility, agility and endurance while engaging in obstacle related activities that will not only get our heart pumping and blood flowing but have fun too. You may also get an opportunity to lead stretches and help create the courses.

Materials **Please wear appropriate clothing and footwear for physical exercise. Also please bring a water bottle to keep yourselves hydrated.**
A variety of materials will be used throughout this semester including but not limited to: yoga mats, tunnels, hurdles, cones, agility ladders, light weights, etc. We may be in the jungle gym, inside common areas or outside weather permitting.

Course Objectives This class will increase the student’s knowledge of the human body, their muscles, and how to strengthen their “temple”. Each week we will set up a new obstacle to keep everyone engaged and moving by going over, under, around and through. They will learn different exercises and even be able to create their very own obstacles. By the end of the semester, students will have learned the following:

- How to properly warm up and stretch muscles to prevent injury
- How to recognize the difference between soreness and pain
- How to increase flexibility, agility and endurance
- How to develop good sportsmanship
- How to honor God by trying our best

Academy Mission and Vision Statements

Awaken Academy Mission: The goal of Awaken Academy is to foster a lifelong love of learning and an appreciation for the arts in the context of church and culture, helping to equip the next generation of leaders to excel in the home, the church, and the marketplace.

Awaken Academy Vision: Awaken Academy endeavors to partner with Awaken homeschooling parents, creating community, enhancing skills, and building kingdom.

Awaken Academy Statement of Purpose: Awaken Academy connects parents, pastors, professors, and homeschool students around the central hub of the local church, providing collective oversight and connective opportunities for church-based homeschool programs. Additionally, Awaken Academy fosters connective threads between the local church and Christian institutions of higher education, strengthening the bonds of unity, creating a rich culture of educational and workplace influence, and preparing students for college, career, and family life.

About Your Teacher

Ms. Megan is a proud wife, and mom of four but considers herself to have many more children. Spending 15+ years as a dance educator with students varying from all ages, and levels Megan has had the pleasure of sharing her love of dance to bring joy to hundreds of others. It was when Megan began her relationship with God that dance took an even more special place in her heart, it became a means of worship. With the realization that her body was a temple for the Holy Spirit and a vessel to share the love of God, she found new ways to improve herself and improve her dancing and even began cross training. While her husband Justin had been a personal trainer Megan began working as a group exercise instructor where she loved to increase endorphins and get people moving and dancing. Soon after she began incorporating more exercise based movements in her classes and even created a whole circuit training class geared towards dancers and is one the most popular classes. Megan is also a certified instructor for all three levels of Progressing Ballet Technique which is focused on creating correct muscle memory and injury preventative movement that use similar techniques to CrossFit, small apparatus/functional training. While having all four of her children enrolled, Megan is so excited to be involved with both the parent side and the teacher side of Awaken Academy.

Statement of Beliefs

Awaken Academy is a biblically-based model of education, and all employees hired within the Academy share in a core culture of spiritual DNA that forms the basis of how we treat ourselves and one another. We believe:

1. There is one God: God the Father, God the Son, and God the Holy Spirit.
2. In the deity of our Lord Jesus Christ the Son of God; we believe in His virgin birth, in His sinless life, in His miracles, in His victorious and atoning death, in His bodily resurrection, in His ascension to the right hand of the Father, His constant intercession and in His imminent return.
3. In the baptism of the Holy Spirit as a gift available to believers subsequent to the new birth, with normal evidence of speaking in other tongues.
4. In the sacraments of the Lord's Supper and baptism by full immersion in water for all believers.
5. In the person and work of the Holy Spirit with His fruits and gifts available in the Church.
6. The Bible is the living word of God. It is infallible, authoritative and everlasting and is the foundation of all Christian doctrine.
7. In the existence of an evil spiritual being known as the devil.

8. In the great Commission given to us by Jesus Christ before His ascension, to go and make disciples of all nations, baptizing and teaching them. This requires both saving and transforming people from every culture, ethnicity and tongue!

9. In the resurrection of both the saved and the lost, the one to everlasting life and the other to everlasting separation from God.

10. In the church being the body of Christ, and each member being an active part of a local church, fulfilling the Great Commission.

11. Marriage was instituted by God, ratified by Jesus, and exists exclusively between a man and a woman. It is a picture of Christ and his church. Sexual intimacy is a gift from God for procreation and unity, and it is only appropriate within and designed for marriage.

Awaken Academy Student Code of Conduct

1. Students are to follow the directions of Awaken Academy teachers and staff at Awaken-sponsored events, including but not limited to field trips and performances.

2. Students are to display appropriate conduct during class session. This includes courtesies such as refraining from unkind remarks, profanity, coarse jokes, or other language that demonstrates disrespect or a lack of charity.

3. Students are to demonstrate respect and kindness to all staff and program participants. Students are not to gossip, lie, bully, or engage in physical or verbal fights with one another. Appropriate and biblical conflict management tools will be modeled, taught, and expected at Awaken Academy.

4. Students are expected to complete any assigned course work at home, to be on time to class, to bring the necessary class supplies, and to be prepared for the lesson. Students will not be permitted to sit in the back of the classroom and disengage. All students participate.

5. Students are encouraged to make wholesome friendships. Students should look upon one another as brothers and sisters in Christ and refrain from demonstrating romantic affection, or giving the appearance of romantic affection, at Academy functions.

6. Students are expected to demonstrate appropriateness in dress that exemplifies respect for oneself and for other students. Staff and faculty reserve the right to address the behavior of students who demonstrate a lack of awareness of the underlying principles of modesty and self-respect.

7. Awaken Academy students are encouraged to break the generational norms of screen/entertainment addiction. Unless the student needs to contact a parent, cell phones should be put away while the students are in class, at lunch, and on break. Friendships often develop in the margin before and after class, so students are encouraged to be engaged in the present moment and learn the art of face-to-face conversation.

8. Students are to display courtesy by remaining seated until dismissed, by treating church property with respect, and by cleaning up after themselves. Students are to respect the church facilities by taking care of the classrooms, not marking on the walls or tables, not pulling on wall displays, and by demonstrating care and respect for the buildings with which we have been blessed.

9. Students must be under the direct supervision of their parent or an Awaken Academy teacher at all times, including breaks, and it is the student's responsibility to be in an area that is appropriately supervised. Students will be signed in and out of class and the campus each day. Students must remain on site during lunchtime/breaks unless signed out by an approved family member.

10. Awaken Academy students are expected to refrain from immoral and illegal conduct. All weapons, illegal drugs, alcohol, and tobacco products are strictly prohibited from the facilities. Stealing, lying, bullying, cutting, fighting, or other acts of aggression toward oneself or others will be grounds for immediate dismissal from the program.

Awaken Academy

Obstacle Course: Fun Activities

Class/Week	Major Focus
Week 1	Course Introduction / Fitness Assessment
Week 2	Playground Courses
Week 3	Incorporating Upper Body
Week 4	Incorporating Lower Body
Week 5	Incorporating Full Body
Week 6	Incorporating Upper Body
Week 7	Incorporating Lower Body
Week 8	Incorporating Full Body
Week 9	Incorporating Upper Body
Week 10	Incorporating Lower Body
Week 11	Incorporation Full Body
Week 12	Student Led Obstacles
Week 13	Student Led Obstacles
Week 14	Student Led Obstacles
Week 15	Final Assessment