

# **Training the Heart, Mind, and Sole: A Classical Approach to Physical Education**

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From the ancient Greeks to the modern public schools of America, different values have been drawn from physical education. Various schools have even taken different approaches to the inclusion of physical education, from the Greek's military training to even Mars Hill different approaches to physical education throughout the 26 years the school has existed. This gives rise to several controversial questions: Should physical education be a part of education? Why does physical education even a matter of importance?

Physical education should be required in classical Christian schools because it is good in theory, for God created humans with a mind and body to take care of; it is good in practice due to bodily and mental benefits, the virtues it cultivates, and the understanding it brings to scriptural imagery; and it is right for schools to require good things because the aim of classical education is to develop the whole person. Thus, Mars Hill must include P.E. in their curriculum in order to produce well-rounded students who truly fulfill our school's mission statement.