

Vitae Physical Stewardship Letter to Parents

Training the Body, Forming the Soul

Dear Parents,

At Virtualis, we believe that the education of a child must honor the full dignity of the human person—body, mind, and soul. God did not give your child a body as an afterthought. He gave it as the first tool—the original instrument of learning, loving, working, and worshipping. From the beginning, the body has been called good, and our task is to train it in gratitude and truth.

In a time when screens dominate childhood and movement is treated as optional, we reclaim something ancient and true: The body must be trained—not for vanity, but for virtue.

Our goal is not athletic achievement, six-pack abs, or a fitness trophy. Our goal is stewardship. That means forming habits of care, discipline, stillness, strength, and joy—because the body belongs to God, and it is through the body that we serve others.

What This Looks Like in Real Life

Your child needs daily movement—not just for health, but for character formation:

Two movement sessions are expected each day:

1. 5+ minutes of focused “intentional movement”
This happens at the start of every Vitae lesson. It prepares the body and mind for attentiveness, self-control, and receptivity. This is required and built into our academic formation.
2. 15–30 minutes of guided physical stewardship
This is also required daily, unless your child is involved in an organized sport or physical training program that mirrors our core values. We will provide a weekly training plan with clear instructions, age-based adaptations, and parent-friendly options.

This second session is not “extra PE.” It is when your child builds real strength, endurance, coordination, and the habit of joyful, sustained effort.

If your child is in organized sports (e.g., martial arts, gymnastics, cross country, team athletics), we trust that much of their physical training is fulfilled—but we urge you to ensure that the philosophy behind that activity reflects the same ideals: respect for the body, discipline over impulse, and strength in the service of others—not merely for competition, vanity, or entertainment

Movement Throughout the Day

Whenever possible, we also encourage 2–4 hours of natural, unstructured movement such as:

- Biking, swimming, walking, climbing
- Yard work, gardening, household chores
- Hiking, sports practice, building forts
- Dancing, roughhousing, or family games

When active movement isn't realistic, we still recommend engaging the mind and body—puzzles, crafts, board games, or storytelling—rather than passive screen time.

The Ideal, Not Perfection

We know not every day will be ideal. Sometimes children are sick. Sometimes parents are overwhelmed. Sometimes it rains. That's okay.

Just as Christ said, “Be perfect, as your Father in Heaven is perfect,” we understand that He was not expecting flawlessness—but giving us a vision to strive toward in love, not shame.

That's our spirit too. We offer guidance—not guilt. Effort—not exactness. Formation—not fear

You Are Not Alone

Each week, you'll receive:

- A clear, structured movement plan for each age range
- Encouragement to help you keep going, even when life gets messy
- A reminder that every effort counts, because your child is worth the effort

We are here to help you train children who are not just physically active—but physically formed. Children who learn to govern their bodies as instruments of goodness, service, and joy.

“Glorify God in your body.” — 1 Corinthians 6:20

In faith and partnership,

The Virtualis Vitae Formation Team