



## Goals of PE



is to provide students with a safe, fun and develop physical and social skills, and trust in themselves and their

body movements such as running, and social skills such as teamwork and

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## A Day in the Life

Each PE class begins with a warm up activity to get students active as soon as possible.

Depending on the day's activity and the energy level of the students, warm up activities might include stretching or a simple game of tag to get students ready for the rest of class.

EVERY DAY  
IS A GOOD  
DAY TO  
LEARN.



## Essential Skills

Everyone brings different skills to the table and develops PE skills at their own pace.

The most important thing to bring to PE class is an open mind, a positive attitude and a willingness to try new and possibly challenging activities.

(And a water bottle!)



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