



Goals of PE

The primary goal of PE at Helios is to provide students with a safe, structured environment to learn and develop physical and social skills, build self confidence, respect and trust in themselves and their classmates.

Morning Movement

Each day in Middle School 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, Morning Movement activities might include stretching, a simple game of tag, a more complex game, or free play to get students ready for class.

EVERY DAY
IS A GOOD
DAY TO
LEARN.



Live Action Role Playing

As an alternative to traditional PE classes, Condors and Ospreys students have the opportunity to engage in the very popular and extremely physically active Live Action Role Play (LARP). Live-Action Role Playing is a combination of sports, drama, and table-top role-playing games. It has many forms and settings all over the world and has been a popular pastime for kids and adults for generations. In Live Action Role Playing (LARP), players pretend to be someone else, living in a different time or place and acting out events that might happen in that world. Many of these games involve battles, and so LARPer use safe, padded props that look like weapons to act out the combat. Unlike in a play where everyone has certain lines to say and the story is set, in LARP, the players each act out a certain person and make their own decisions for that person as the game evolves.

For more info, check out their website! <https://www.fanwar.com/>



Essential Skills

Everyone brings different skills to the table and develop 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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