



## 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, and build self confidence, respect and trust in themselves and their classmates.

Ravens and Jays focus on developing individual skills while working with classmates in team-based sports. The emphasis on cooperation and compromise while playing games like soccer, basketball, ultimate frisbee, etc.

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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.



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## Essential Skills

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

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

Other important items to bring:

- Water bottle
- Hat
- Sunscreen



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