



Goals of PE



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

peers. Students focus on continuing to develop personal body awareness and skills while playing with others. Teamwork and cooperation are emphasized while working to develop skills such as throwing and catching, and working with manipulatives.

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!)



Navigation

