



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.

Herons/Egrets focus on individual growth while working with classmates in team based sports and team challenges. Students also create their own personal fitness routine that includes elements such as aerobic capacity, flexibility, muscular endurance and strength.

Morning Movement

Each day in Middle School begins with an active, social activity to get students moving as soon as possible.

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

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 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!)



Navigation

