

DAY IN THE LIFE

PE

PREK-8TH GRADES

A PHYSICAL EDUCATION CLASS AT ST. AMBROSE CONSISTS OF EXCITING GAMES, COMPETITIONS, AND ACTIVITIES. CLASSES TYPICALLY BEGIN WITH AN INDIVIDUAL EXERCISE OR CHALLENGE. THE BEGINNING OF CLASS IS ALSO A TIME TO SHARE ENCOURAGING WORDS, MOTIVATIONAL QUOTES, OR EVEN A JOKE OR TWO. THE ACTIVITY THAT FOLLOWS IS WHEN THE RULES ARE EXPLAINED AND TEAMS ARE DETERMINED. ALL OF THE ACTIVITIES PROMOTE INDIVIDUAL GROWTH AS WELL AS DEVELOPING SKILLS SUCH AS TEAMWORK, SPORTSMANSHIP, AND LEADERSHIP. MOST IMPORTANTLY, THE CLASS FOCUSES ON CREATING A FUN ENVIRONMENT WHERE STUDENTS CAN BUILD CONFIDENCE WHILE LEARNING ABOUT PHYSICAL FITNESS AND WELLBEING.

FIELD DAY!

**AFTER SCHOOL SPORTS-
SEE WEBSITE!**

