

Character and Physical Education

It has been a pleasure to walk beside your student while they develop and mature in the areas of coordination, curiosity, character, as well as in their athletic ability. In Physical Education, we touch on some obvious character traits such as teamwork, fairness, and perseverance but there are some less obvious character traits that become apparent in the various P.E. lessons that I would like to share.

Over the holiday season, while focusing on the major food groups within unique fun-filled activities, we discussed the need to exhibit *self-control* when it comes to food, particularly over these particular festive months. It takes *discipline* to know when to stop indulging on your favorite treat. We discussed the fact that food is meant to be fuel for the body and how we can have most foods in moderation but it is important to keep it from controlling us.

Another important character is *sportsmanship*. This is a big part of the student's grades in P.E. I try to vary my units, in hopes to expose them to something they may want to further on their own outside of class. Clearly, not all students will love every unit. I merely ask that they try each unit with a *good attitude* because, like Colorado weather, it will change quickly enough.

This is where *humor* and *bravery* might come in play. At times throughout life, we will all need to step out of our comfort zone to try something in which we may not be great at, YET! If these students can learn to laugh at themselves along the way and *enjoy the love of learning*, while making these silly mistakes, they will grow into more well-rounded, humble adults.

I look forward to watching these students ultimately develop into well rounded, humble adults 😊