

Physical Education

News

October 2023



Taylor Jackson

Hi! I am Taylor, the Adaptive Physical Education (APE) teacher! I am looking forward to a GREAT year with the students. A bit about me, I have my Bachelors of Science in Dietetics Nutrition and my Masters of Science in Exercise Physiology. I am a certified personal trainer, group fitness instructor, and yoga teacher. I have a passion for helping people be active and have fun! My hobbies include traveling, hiking, and connecting with friends.

Upcoming Lessons: Basketball

- Skills Practice - dribbling, aim (Week 1)
- Skills Practice - passing, shooting (Week 2)
- Games - MOOSE, P.E. games, etc. (Week 3)
- Basketball (Week 4)



Upcoming Event: Halloween Fitness Party!

A gym party with sensory activities, pumpkin patch relay, ghostly bowling, zombie tag, and more!

Physical Education Class? What's the benefit?

Students who participate in gym are..

- 2-3 times more likely to be active outside of school
- Twice as likely to be active to a healthy level in adulthood
- Outperform less active students academically in both the short and long term
- Demonstrate better classroom behavior
- Demonstrate a greater ability to focus
- Report lower rates of absenteeism

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