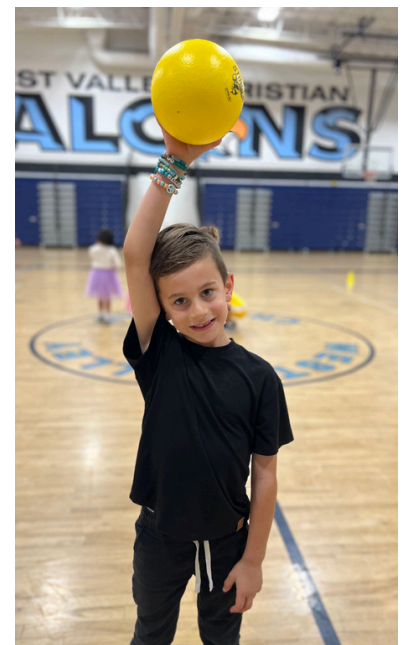


PE CLASSES DIVE INTO DODGEBALL FOR SKILL-BUILDING AND FUN

This week, TK-5th grade PE students had an exciting time exploring dodgeball, learning that this classic game offers more than just fun. As students dodged and darted around, they developed key physical and mental skills, particularly in spatial awareness. By moving and positioning themselves strategically, they learned to navigate space in relation to others—a valuable skill for many physical activities.

Dodgeball also provided a dynamic workout, enhancing agility and reaction time. The game required students to make quick decisions, sharpening their focus while challenging their speed and reflexes. Alongside the physical benefits, teamwork became a central theme. Students strategized together, communicated openly, and learned the importance of supporting teammates. This built camaraderie, encouraged sportsmanship, and provided a full-body workout that had everyone moving and engaged.



Overall, dodgeball in PE showed students the benefits of active play, teamwork, and agility—all while keeping them energized and smiling!