

Physical Education & Health Information

2023-24



PE uniforms can be purchased by using the QR code below:



Students need a PE Uniform, supportive gym shoes & roll on or stick deodorant for PE.

NO sprays are allowed in the locker rooms.

Students will be issued a PE Locker.

Your PE Locker # and combination will be posted on IG.

PE UNITS

Football

Soccer

Group Games

Teambuilding

Fitness Testing

Tchoukball

Speedaway

XC Skiing

Bowling

Fitness Center

Pickleball

Badminton

Hockey

Track

Nitroball

Kickball

6th Grade Health

30 Days of Health Class

Unit: The Health Triangle

Physical

Mental

Social

Any questions please contact:

Jhavenaar@naperville203.org

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