Everything I Learned in Life I Learned in Physical Education

Play by the RULES.
BEHAVE or you’ll not get to play.
Dress out properly.
Lock up your stuff.
Be POLITE.
Warm-up, STRETCH a lot.
Take turns.
Share.
Make friends.
Tolerate DIFFERENCES of others.
Give everyone a CHANCE.
Get along.
Be humble.
COOL DOWN.
Cheaters never really win.
Winners never cheat.
Don’t tear up equipment.
Put stuff back where you got it.
Show SPORTSMANSHIP.
Shake hands.
PRACTICE to get better at anything.
NEVER GIVE UP!
TRY YOUR BEST always and in ALL ways!

(Written by Mike Minks, Bowie Middle School, Irving TX)