Supplemental Digital Content 2. "Worst" memory open-ended responses from those participants who provided them.

In middle school gym was more awkward so there was a few times where I was picked last or near last.   As I got in better shape and played sports in high school, this went away.
I once fell down and cut my leg open. I needed to get sugery to clean it and heal properly.
My worst memory was when I was picked last for a team.
climbing the rope and learning to swim
Getting hit in the face with a ball and getting a bloody nose
floor hockey
often while playing soccer I'd get kicked in the shins or legs because we played without shinguards and while playing basketball, I'd frequently get hit by the ball. This was all when I was a little less coordinated.
I had broken my ankle and tore the tendon off six months before and I was just getting over pneumonia. I remember running laps, my lungs felt like they were on fire and my right leg was numb with pain. I wanted to die, but I kept on pushing myself.
being the last one picked at dodge ball and then being singled out and bullied. i was embarassed and hit very hard with the balls. i was picked on and teased. i wasn't even fat. i just didnt wear nice clothes or had a certain style. i was poor and didn't fit in with anything.
In highschool a guy in my class fell back on my foot and I ended up needing to go to the hospital. I had to wear a boot for some time.
failing classes that are easy for others
Once while during PE class my pants got un-stitched and it was so embarrassing. Other that that there was no embarrassing or worst moment for me.
PE teacher in middle school decided to have us divide into teams based on whether we weighed more than 100 pounds or less than 100 pounds. Very embarrassing for the girls.
I couldn't do a pull up. So the PE teacher told me that I was going to hang from the pull up bar for the rest of the class. It was very embarrassing because all the other kids could do the pull ups. I felt on display and my classmates were laughing at me.
Once or twice a month we would do a mile run or a two mile run, which meant constantly running around the field in a circle until we reached the goal. When I was a sophomore in high school during our two mile run one of my shoe strings came undone and a classmate ran by stepping on my shoe string causing me to fall and bust my nose open. It was a bloody mess and it swelled for about a week.
I was on my menstrual period and having such bad cramps I wanted to cry but my teacher refused to let me sit out. I had to run and play a game of dodge ball while in agony for an hour.
Having to dress out
being picked on for being skinny
I could not do a pull up. I was the only one in the class who couldn't do it.
Every memory of PE is the worst.
People used to make fun of my because I was so big in class.
When I had to climb the rope

Our coach was always hounding me in PE. she would call me lazy and make me run laps around the gym. I never did anything to deserve this. I participated just as much as all the other students.
Bullies picking on a friend of mine
I was ignored by my coach during the team selection for a football match.
Expressing that I didn't want to be picked for a particular team despite my height, getting picked, having the team lose, and then having the loss blamed on me.
A classmate dislocated his knee while playing basketball.
Having to run the mile every year. Yuck.
Playing capture the flag in middle school.
My teacher telling me I was too lazy to amount to anything because I couldn't do a pushup on our first day in front of everyone and making me cry.
having to run the mile.
Consistently not being picked.
Getting knocked out first in dodgeball
I had problems with running because I had a sprained ankle. It had caused me a lot of pain and I couldn't take part in class.
Some bitch pulled my pants down
Running a lot I just liked it less then like playing football.
Pullips and calisthenics
When the gym teacher himself said "stop trying, you're holding things up."
I was always chosen last for teams .
being made fun of for getting hit with the ball, while while playing dodgeball.
period- related issues!
always feeling like I didn't have a strength toward any particular activity
nome
I twisted my ankle while running. I had to miss the excitement of exercising.
I was hit in the face with a basketball that someone purposely through at me and my nose started bleeding all over the floor and the coach made me clean it up before he let me wash myself up and go to the nurse and everyone was laughing at me and I wanted to kill myself.
I was doing wind sprints and afterward I started to feel funny. Then I felt bad, and like I might pass out. I didn't want to involve a teacher or go to the nurse, so I just sat while I was waiting in line for a stretch test. It took awhile to subside. It was stressful.
Being forced to run miles outside in the heat, with the sun beating down on me.
It's hard to say because I have very few good memories of PE class. My senior year of high school, I got hit in the head with a tennis ball, a basketball, and a floor-hockey puck. Of those, the worst was probably the tennis ball because the first thing I remember after I got hit was the person who had hit the ball asking me where it went. At least when I got hit with the puck, the guy who hit it apologized later and honestly seemed to feel sorry for it.
I hated it because I was bigger than most people in my class, and had much larger breasts as I developed early in life. I hat d running because I felt like everyone was looking at me.

In my high school we had a swimming unit every year. I am female and wore a two piece bathing suit that came untied at the top while I was doing the backstroke during one class. I don't think anyone else actually noticed, but it was mortifying and I had to swim the rest of the way with just one arm so I could hold my suit up with the other. We also had to swim a lot of laps which was very tiring, plus the pool water was freezing and we smelled like chlorine all day. Just horrible!
I was so god-awful at basketball that I literally did not score ever.
Being taunted by a physical education teacher for not being able to do chin ups during physical fitness testing.
changing into pe shorts, felt like i had the skinniest legs.
I remember my pe teacher telling our class to meet somewhere in a building but actually went somewhere and we didn't know we would be meeting in another place so we were all marked late and had to do a mile lap around the field as punishment.
Not being able to do pull ups
basketball
having to workout in front of my peers
my worst memory was having to change clothes in front of other people before and after class.
Not exactly one precise specific memory, but a general memory of being in class a certain year where PE was generally segregated between boys and girls. When I was in a girls only class, I definitely received a lot more scorn for being someone who, despite not being very athletic, tried really hard. I wanted to play the games (I always hated the physical fitness testing type stuff, but playing basketball and flag football and especially badminton was fun when people really got into it) and get a good grade, but there were a significant set of classmates who didn't really care about PE that much and had a bad attitude who didn't want to participate so much and would be annoyed by my behavior. I definitely preferred PE where there were guys in the class as well.
I'M A FEMALE, AND ONCE I HAD SOMEONE "PANTS" ME IN THE MIDDLE OF GYM. THAT WAS PRETTY EMBARASSING. WE WERE RUNNING LAPS AND SOMEONE CAME UP BEHIND ME, PULLED MY GYM SHORTS DOWN, AND OF COURSE I TRIPPED AND FELL AND HAD MY UNDERWEAR EXPOSED.
Some kid threw a basketball from the other end of the court and it hit me right in the face.
I had to go swimming. My swim trunks were too small and my butt crack continued to pop out.
My most memorable experience was my PE coach yelling at me when I ran. At the end of the semester, the class went on a run for 2 miles and it was always very difficult for me because I hate running (still to this day). I was the skinniest kid in the back with all the heavy kids. I ended up getting a "D" for PE class in high school.
I didn't like changing clothes in front of others - I was and am still very modest.
The high level of competition and stress
I can't remember a specific memory
I once got hit in the head with a hockey puck because my teacher said to put the sticks down and a classmate didn't listen and it busted open my forehead and I ended up going to the hospital

Being horrible at basketball even though everyone else was pretty good. I was so bad it was embarassing.
Harassment and bullying from the popular kids
Being made fun of for my weight
My male gym teacher coming into the locker room and yelling at us to hurry up
Not being able to do pull ups in my earlier school years whereas my friends could.
Being sweaty after class
climbing ropes, all the way to the top of the gym
I particularly did not enjoy when we had to swim in class, because usually it was right in the middle of the day in winter. We never had enough time to get ready for class, so we would have wet hair and feel uncomfortable for the rest of the day.
I hated running. We had to run a mile or laps or uphill 3 times a week and I hated it
I guess the worst memory would be that every year we would have to do the mile in a certain frame. I hate running so I dreaded every time we had to do that in pe class.
My worst memory was when I got the wind knocked out of me when I was doing the high jump and hit the wall.
Not being able to hit the ball during a softball game and having other students boo me.
I remember we had to do a physical fitness test and I really enjoyed it because it haleprd me to gain a level in my physical ability.
Running the mile. I hated running.
Getting bullied for not being able to play volleyball too good.
When we were running and the guys started going who do I look like. They were mocking my running technique.
Being bullied by some idiot kid who acted like he was king of the castle at school.
When I was in 8th grade, we were playing dodgeball. I had repeatedly tagged this one boy out but he would never get out of the game. So since he didn't have to get out I decided I didn't have to get out. THe teacher didn't like me much anyway because I wasn't a sheeple, and decided to send me to the principals office because I refused to let him give boys preferential treatment.
undressing to take a shower after the class was over
I forgot the name of the exercise, but we would run back and forth touching a line. I ended up falling on my face infront of everyone. It was very embarrassing.
I really don''t have any. I didn't particularly like changing in the changing room, but other than that is was pretty fun.
Having my period start when i was in class
I broke my leg in gym class in 10th grade. It was awful because the teacher did not believe I was really injured. He let me sit down, but then touched my foot, which hurt a lot. I also broke my arm in 5th grade gym class, and the teacher then also suspected that I was not really hurt. It was awful to have teachers not trust me.
My 4th grade gym teacher yelling at me for not looking at her when she was talking. I was looking instead at the gym equipment she had already set up. (... I'm still kind of salty about it, to be honest. I can listen without physically looking at your lips moving!)
Everything to do with the locker room

We spent a unit practicing running a mile and improving our time. I consistently had the worst time every time we checked in for progress.
yoga class
When my shorts fell and I was in my underwear. Very embarrassing
Uphill running
Having to be in the locker room, shirtless, in front of a bunch of asshole guys. I also had to lead calisthenics once and my fat was bouncing everywhere.
My worst memory of PE class was my junior year when I tried to be accepted in a dance PE class in the middle of the year. Needless to say I knew absolutely no moves and was lost the whole time. The very next day I dropped it and did a step aerobics class instead, which I loved.
Wearing skirts or skorts (a skirt made with shorts attached) while others wore pants and shorts.
I tried to kick a ball and ended up kicking my shoe off and had it fly back and hit me in the face
Getting changed in front of everyone else.
Losing in dodge ball to bullies. That always stung.
Unwanted attention
my worst was having to dress out and wear shorts. I was so embarrassed of my legs and I dreaded having to do this.
Having to change in the locker room
One time I broke my ankle in PE class.
My worst memory was not being able to climb the rope because I was too weak.
When I felt left out when part of a team.
Being laughed at for failure to serve a volleyball correctly by the teacher and class
Climbing the damn rope I never have excelled at upper body strength.
I recall trying to play basketball and I did not know how to shoot the ball into the basket well. It bounced off the rim and hit me right in the face. In order to cope with the moment, I had to ridicule myself and hate on myself for some time to help drown out the laughter and taunts from classmates. I've also had seizures while in gym class, so these have all brought unnecessary attention and ridicule onto me. Along with other negative memories, I never really enjoyed gym class except when playing baseball and when I was hitting. On rare occasions, I would hit the ball and feel good.
I hated to run the mile. I was a fat kid and running was not fun for me. I didn't mind team sports because it was fun but running without purpose was just torture.
Not dominating in VOLLEYBALL
I was ashamed of my body. I'm male, and I felt I had larger breasts than normal, so I'd hold my shirt when I ran, in hopes they wouldn't be seen through my shirt. People also made fun of my attire, because I'd often wear sweats, even in warm weather.
being put on a volleyball team was always horrible for me. my reactions are kind of slow and i hated being part of the team and letting them all down when i couldnt get the ball
I think someone got upset at me because I missed in volleyball once but nothing really traumatizing

Having to change into a special uniform for this class. I hated wearing it as I don't like dressing in a way that makes me look exactly like everyone else.
We played all kinds of different games in elementary school. We even had a field day where we spent the entire day outsides doing different types of events. Some events include the 100 yard dash, tug-o-war, 200 yard dash, and many others.
Losing basketball games
The time i forgot to wear my deodorant and the coach made a remark about it.
I remember while some of the other kids would play a school bully that would pick on me and the coaches would be busy monitoring the other kids while they were engaged in certain activities (such as volleyball, basketball, running, etc.)
As a kid, I ran into the door while playing some goofy "cupcake and fairy" chase game. I cut a gash above my eye.
Being criticized by everyone on the team for performing badly even if I tried my best.
Drunk Coach
In high school, I was one of those kids who always had the bulging backpack with all my books and notebooks. So, I tended to minimize the days where I brought gym clothes to school, as it was one more thing to carry. However, I tend to sweat ALOT when I work out, and so my gym clothes began to smell very bad. The PE teacher pulled me aside one day to tell me the clothes smelt awful, and after that I made sure to bring clean clothes each class. It was extremely embarrassing
practicing March-Past and drill
I got hit in the groin with a basketball and kids teased me as I cried.
I was in 2nd or 3rd grade and I got in trouble for something I can't remember in another class and I had to sit out during PE class as punishment. I felt like I was missing out on a good time.
Getting hit in the face with a basketball.
I was picked second to last in dodgeball
There was a time when my PE volleyball team was expected to win the class championship, and we lost in a way that was beyond my control and felt very frustrating to me, as I had expected my efforts to contribute to a win.
Accidentally walking into the girls locker room and being laughed at.
We were doing suicide runs. My group was sitting waiting for our turn. A girl from my class was up with her group. After doing a few runs she slipped and fell onto her arm. Her arm broke bone popping up and everything. She screamed obviously but also vomited and passed out. I will never forget that day.
I don't really have a worst embarassing story or anything. At that point in my life I wasn't really physically apt to do much, so it just all kinda sucked. It made it worse being my first period class one year, ugh, talk about really suck ass
When I bet the PE teacher I could shoot from half court and I couldn't even hit the backboard with the basketball.

I dreaded having to run the track when we did that. I made it about 1/4 of the way and then stopped and walked the rest. I actually got lapped by the next group of runners. For reference, I weighed probably 350 lbs in high school - I've lost a significant amount of weight since and am in much better shape today than I was then. I liked playing sports and doing activities like that with my peers, but high school kids can be mean, and in particular I went to an all boys school so it was a very competitive environment and my class had actual athletes who were in pretty good shape and I just couldn't keep up. I wasn't bullied or teased but I felt judged and I hated being a weak link. PE just caused me anxiety, it didn't help me get healthy in any way shape or form.
I once threw up during PE class in elementary school
No bad memories.
Not being able to climb the rope.
It was the last year in high school and I had to take a PE class to qualify for graduation. I was the tallest, oldest guy out of an entire class of freshman but I also had the lowest physical aptitude, having to compete with those who were faster and more athletic than me.
climbing the rope and running etc
My worst memory was playing volleyball, because I had the hardest time trying to serve the ball. I also hated starting every class with a 1 1/2 mile jog, because I was always one of the last to finish.
changing in front of people
the only bad memory I have from PE was when I found out I was failing in 10th grade. But in the end I pulled my grade back up.
Tripping in jumprope and scraping and bloodying my knee
being forced to run in circles in the gym.
Vaulting. I just couldn't do it. I loved dancing but I hated PE; I'm just not too flexible or a talented gymnast, and that was what our class focused on. Also, I have depth perception issues, so I'm not the best when it comes to ball sports.
My teacher made us play a game with our left hand to simulate being uncoordinated it was not fun at all.
kick ball
Playing dodge ball because the kids would be very rough when throwing the balls.
Always finishing running last and everyone having to wait around for me to finish.
All the times we played dodge ball or wall ball and most of the girls (myself included) would intentionally get hit with a ball so that we could sit out of the game.
Having to kayak in the school pool
Running the track and not being athletic
PRESIDENT'S PHYSICAL FITNESS TESTS - TRYING TO DO PULLUPS
Getting my pants pulled down in front of the opposite sex.
When I got very bad period cramps while running and my face turned green. I asked the teacher if I could rest and she said no. I ended up going up and staying out of school for the rest of the day.

I remember having to run laps equivalent to 1-2 miles per day in middle school. I recall feeling embarrassed because even though the boys and girls were separated at PE, the boys were always nearby catcalling and being obnoxious. I also felt exhausted and had to go to class--we didn't have showers so I felt disgusting all day.
I remember being picked last for a dodgeball team and feeling really bad about that. It isn't a good feeling to not be wanted.
We were playing kickball and I kicked thee ball so hard it hit a boy in the face and made his nose bleed.
cramming myself into a small plastic bin with a few other guys from my class trying to stay discrete from the 'kick the can' person
Whenever I sweated a lot and didn't have time to wash myself before my next classes. I stunk so bad.
We had to do swimming in High School. It was awkward so I sat out.
Being required to run
Getting a concussion falling down playing dodgeball. People laughed, although they did stop once my arms started shaking and I couldn't walk straight.
Running around the track. I hate running even today.
Nothing truly terrible; but square dancing was probably my worst memory. I don't know why it was picked as a good activity: it felt tacky, stupid, and boring, with silly, bad music to boot, while still tricky enough to be embarrassing to be bad at it. Square dancing days felt like a punishment.
Well, I hated the locker rooms. I didn't like getting undressed in front of other people. I felt like I was being watched and judged. I was a very insecure teenager. I often skipped my P.E. class. Our school had very little funding and the coach would just have a basketball and people who liked that would play. I was never athletic and not a fan of sports. People like me would be assigned to walk around the gym.
getting hit in the face with a dodge ball
I broke my arm during a high jump event. I landed wrong. I can still remember crying in front of the entire class of 13 year olds!
I hated running more than anything. There were many times that my knees would hurt so much and sometimes give out, but I had to do it. The worst time I ever remember was when a teacher told me I was faking it, though I never was. As an adult I have knee problems and, as it turns out, my lower leg bones are curved slightly causing knee troubles; I wish I could have known that then.
I remember arguing with the gym teacher about how I simply could not run a mile without an asthma attack, she then made me walk the mile with an adjusted time and any time I moved too quickly she would yell at me not to run resulting in me coming in just seconds under what was required to pass. She completely disregarded the fact that I could walk at a fast pace and used it to draw unnecessary attention to me.
In my physical class one day i fell down on playing in the ground that were somewhat some worst memory.
We were playing indoor Volleyball and a ball hit my head and some other people in class laughed.

The only bad memory I have from (PE) would have to be my 4th grade year. We were playing kick ball and when I was running to home plate a guy threw the ball directly at my head. I fell pretty hard and everyone laughed at me.
I remember one time I hadn't shaved my legs. We wore shorts and t-shirts in pe class. The girls made fun of me. fuck them
I remember in 6th grade I had to do a running test outside on the school's track with my gym class. We had to run a mile under a certain time. I remember I got done with my mile around 9 minutes and I was very upset. I played basketball starting 3rd grade up until 8th grade so I was in really good shape. Running distances were not my specialty. So I felt really bad about myself for taking so long.
Group sports in general were always the worst. I'm not good at sports, I don't like them, and I have no desire to be involved in them, so therefore I hated PE.
getting picked last and laughed at when I missed a catch at softball.
Being picked last for chest passes with a basketball. I was a smaller girl and the only other girl not picked was a foot taller than me a a bulky Russian exchange student. First pass I broke one of my fingers.
I got picked last for dodgeball every single time in middle school, even though I was pretty good at it. That was unpleasant.
Other kids laughed at the way I ran because I have cerebral palsy.
On a rainy day in the gym, the instructors had put up the Badminton nets where the poles were in also in the basketball courts. The ball was passed to me, and without looking, I turned swiftly into the Badminton pole and practically knocked myself out, hitting my head close to my right temple. Later that night at the Winter Ball, I got hypothermia- unsure if those two are related, but it was not a good day to say the least.
undressing in front of other students
n/a
Being hit in the face with a pinata stick and needed to go to the hospital to get stitches
When the class got in trouble, we all had to run laps as punishment.
picked last for kickball... literally...
Line dancing
Not being able to keep up on runs
Playing as a goalie when we would play hockey, I sucked at it but it was still fun
I don't have a PE class problem per se; I hated that there wasn't enough time to stop sweating before showering. I always continued to sweat and felt nasty after PE. I like sports and weight lifting but the locker room sucked.
We were going through the basketball phase of the year. We were split in to groups of 4 to play two on two. The pair of classmates me and my friend were going against hogged the ball for the majority of the game. Neither of us exactly cared because PE was not our thing. When the teacher came by they complained that we weren't playing and we got yelled at. It was frustrating because it wasn't really our fault.
haha funny enough it was when i actually got a hit in wiffle ball. didn't happen, very often at all like this is the only time. But i hit the ball hard, shoulda been a homer, but i wasn't paying attention to the teams, and i thought the second baseman was on my team, so standing there yelling for them to run i stayed at first,then of course double play the next guy cuz i can't run

Being last picked in elementary then crying in front of everyone.
All of it!
Doing jumps over a bar into a huge foam thing. There was a hole in the foam and my foot got stuck in it.
These two jerks who made fun of my badminton skills. Whats worse than being called inadequate at a sissy sport.
Never being very coordinated, shy and aweful uniforms.
As an active runner and swimmer I loved gym class in high school and grade school but when I was in 2nd or 3rd grade we had to climb a rope. I was not very good at that but did the best I could.
Breaking my leg
I sprained my ankle once in P.E. which wasn't fun.
I just hated it. I hated sports and I had no interest in it.
i got a concussion playing floor hockey
Having to play games like dodgeball. Yuck.
It was a very meh course - it was an avenue for the football coaches to stay employed a "teachers." It was truly a pointless class that I learned nothing in.
getting hit in the chest with a soccer ball.
A teacher yelling me to "MOVE TO GET THE BALL!" Then making me run 3 miles in hopes that I "lose weight and do one sit up for presidential physical fitness test."
Once,i was fear, i was not able to concentrate the class.It was my worst experience.
i once got a punishment to do 100 push ups which was like a punishment for me that time as i was too young(13years)
I broke my collar bone on the gym floor when me and someone else were both diving for a ball.
Going to spike the volley ball but it smacked me in the face and I fel on my ankle wrong. The teacher yelled at me even as my ankle swelled up and the teacher's aid laughing at me
I had co-ed PE in highschool. I hated having to jog and do laps with the boys around. It was so embarrassing that time of my life. I was so self conscious of my body. I also vividly remember being picked last plenty of times and it's so humiliating.
Spraining my ankle while playing volleyball
Doing sports that I was not good at or were considered more for men.
Getting weighed in front of all the other kids. I was an overweight child and was always embarrassed.
I did not know how to play soccer and so I thought I was kicking the ball in the right direction, but instead I kicked it towards the opposite team's goal and scored a point for the other team. The gym teacher and all the kids started screaming at me for being so stupid.
Honestly every time I think about PE I cringe. Nothing but bad memories, except dodgeball and sometimes volleyball.

I was thin back then, actually really until I started to gain weight in 10th grade, but this happened in 6th grade. There were a bunch of folded mats stacked up in back of a small spring board/mini trampoline. So we were supposed to jump on the trampoline and I guess jump off of it. Then the teacher was supposed to flip us over the mats (which were taller than we were). I obviously got it wrong and jumped off of the trampoline and tried to flip over the stack of mats and wound up smashing into them in front of the whole class.

I do have to add an equally bad memory (not as humiliating) was how we had to climb up the ropes. So many kids were good at just climbing like squirrels and didn't even need to use the rope with the knots (as I did). I was scared to death of heights and I almost got up there to the wooden circle at the top that everyone tapped. When I was nearly there, the teacher said, "Don't look down" and what did I do-- looked down OF COURSE! And I never reached the top-- EVER!

Mr. Smith was a TOTAL asshole and if I saw him today I would tell him that!

I sprained my ankle playing football.
The time I got hit in the face with a softball.
Gymnastics
showering in the girl's locker room
running the mile

I had asthma, but didn't find out for YEARS. My parents couldn't afford to take me to the doctor. I think my worst memory in PE was running the mile. I couldn't breathe and felt like I was going to die or pass out. My side hurt and I would get sick with bronchitis after running every year. My teacher would run along with me for a few minutes and tell me to keep going, but I couldn't run. I couldn't even get oxygen. She'd run with the girls, like me, that were overweight and she would scream, "Thin is in girls!!! Thin is in!!!" It made me feel so worthless every time. I hated PE and I don't see how anyone could've enjoyed it. It was the most embarrassing time of my life. To this day, I can't exercise in front of people--not even my husband or kids--because I'm so self-conscious about what it must look like that I have anxiety.

I broke my ankle...
changing for class
The sticky sweaty feeling trapped underneath badly fabricated PE uniforms.
always having anxiety when having to particpate
I had my period and bleed through my shorts because my teacher would not excuse me
Having to square dance!
Having to run the dike, a 1.5 mile loop around the football field.
Being one of the last ones chosen for a soccer game.
My worst memory was the first time I played dodge ball. I got nailed in the face and it was not fun
I accidently kicked a kick ball into a girls face while she had her braces on, it busted her lips. I felt awful
yes, I was very over weight so I was teased a lot
In Elementary school we did a rope climb competition and I NEVER did well on it.

doing volley ball all the time - teacher was not creative at all!
We started each day in 7th grade pe by running around a grassy field and one end was wooded so the ground was covered in sweet gum balls. I had just finished my lap when I stepped on one and turned my ankle. I can't remember how long I was on crutches but I remember how badly it hurt!
Here is all you need to know: I was a serious athlete for my entire childhood up through high school. PE class was awful. Yes, I was athletic and was better at everyone at almost any sport. The teachers made it an absolute chore. The typical schedule was as follows: 1 hour for PE Arrive at 3 PM for PE 3 PM-3:20 PM Go to locker room to change into gym uniform and come back out to gym to walk around the outside of the basketball court. 3:20PM - 3:50PM Line up in rows and stretch 3:50PM-4:00PM Do something fun. So, in short, we would spend most of the gym class changing clothes and stretching. The actual physical activity was usually 10 minutes or less and involved 50+ people. The gym teachers would rub this arrangement in our face and laugh as we complained about all the idle time. It was a pathetic excuse for physical activity.
I remember getting hit by a dodgeball really hard and it was embarrassed
every memory is horrible. I had extremely poor eyesight as a child and still as an adult. PE was not an activity that i could excel at because i couldn't see well. I was teased too many times to count. it is hard to play PE after multiple eye surgeries ,eye patches,drops, coke bottle glasses....
Being unable to do pullups in class and getting teased for it.
When students urinated on me in the bathroom
team sports: friction with "popular" types as a newcomer
Being anxious, not as a result of being out of shape. Bullying.
There are too many humiliations to count. In highschool I had the body-awareness of a pile of dung.
Having to wrestle another girl
Weight lifting
I would get asthma attacks whenever we would have to do a running activity. It was awful.
Farting during situps in a small room in elementary school
running laps around the gym and doing daily exserise.
In grade school, I did not understand any rules for softball. We played a game and I guess the rules were you could only take one base on an "overthrow" by the other team. I did not understand that so when they kept over throwing the ball, I kept running. The kids were yelling and I thought it was because I was doing good but, no, it was because I continued on when I was not supposed to. The teacher did not let me go back to the base I should have been on so I had to stand in line and be called names afterwards.

One time we were playing soccer in the gym and the ball hit me in the stomach and I threw up. I was so embarrassed because I threw up right there on the floor and the couch made me clean it up so I had to go to the janitor's office and explain what I did and get a mop and a bucket and literally clean up my vomit off the floor while the other kids stared and laughed at me and then news of that spread around the entire school and I got bullied badly for that for weeks.

Presidential Fitness tests in front of the entire class, boys and girls. Those times still haunt me because I was overweight and couldn't complete some of the tests at all. They were some of the worst and most horrifying times of my elementary years knowing the class, mostly the boys, were laughing at me while they watched.

Getting kicked in the head with a soccer ball.

my bad memory from pe was square dancing

Not being able to climb a rope all the way to the ceiling of the gym.

High school PE sucked. Seriously, the whole point of the class should be about getting in shape. What a wretched experience. I am surprised I turned out relatively healthy after being forced to be in that gulag for 45 minutes a day 5 days a week for 4 years. I actually enjoy exercise now, I sure as hell didn't enjoy it then.

Sprained my ankle playing volleyball

getting hit in the head with a dodge ball.

I was the only kid who couldn't climb the rope in gym class.

Having a basketball bounce off my head, lol!

Being teased for the way I ran.

When I had to play kickball in a dress.

The one thing I was not good at was swimming and we had to dress out in swimming attire - I was very thin and embarrassed to be seen by many classmates.

sprained my ankle

We had to play softball, and I was the only one on our team who couldn't get a hit. Everyone was watching me. I felt very humiliated and embarrassed.

Not being able to finish the mile run. I was so nauseous and exhausted after it. I had to recover in the bathroom long after the bell rang so I was late for class and my teacher gave me a detention. All because I just didn't want to puke in his class. It always took me a long time to recover after PE class and there was never enough time to change or shower or anything.

We had a jump rope competition and I drank too much water and vomitted.

Just being embarrassed that I wasn't a better athlete

For once, I was having a really good time playing dodge ball. The PE teacher pulled me aside and said I was being too loud (I was under the impression that PE was the time to get out all of the excess energy).
He told me to quiet down, so I did. I never attempted to participate in a group activity again after that.

when changing in the locker room, a couple of boys stripped me naked

Before I could swim, I disliked having to stay in the 'shallow end' of the pool during PE that involved swimming. Because of that, I made additional effort to practice swimming and become proficient at it.

my gym teacher yelling at me, she was mean

I pushed my self to run a mile when I couldn't and had an asthma attack and could not breathe. I was coughing and choking and had to go to nurse. a girl was walking me there. I could barely get to the water fountain. When I got a drink my symptoms started subsiding. I felt like it nearly killed me. I think teams should be chosen at random and people should not be pushed so hard but do think it definitely should be in the school system. I feel it is very beneficial to have phys Ed
A gym teacher made me roll a kickball the same way one would roll a bowling ball. She made me repeat it every time I did it wrong. It was annoying and embarrassing.
I hated dressing in the locker rooms; however, I loved PE class and a chance to show off.
Not being able to do any situps during the presidential fitness test and having a student call that out infront of the class
The girl with cerebral palsy being better in PE than me, with no physical disabilities.
In fourth grade, we all had to take turns holding ourselves up, with our chin above the pull-up bar. We all sat on the hard, cold gym floor and stared up at our peers and when it was my turn the metal hurt the pads between my fingers and my palm and made my hands all sweaty. It didn't help that my whole class and the P.E. teacher (who was standing) were just staring at me. I knew if I stayed up there, even if I could, they would all keep staring and it felt so weird and uncomfortable that I just let go and jumped down. My teacher said "come on! You didn't even try" and made me try again, but by then my hands were so sweaty I couldn't keep my grip, so he let me sit down.
Sometime it was intimidating with other boys.
After I injured my knee, my physical activities were limited. I couldn't do jumping jacks as well as I used to. Every time I was forced to do jumping jacks, there were some kids that would bully me and make fun of me because I could not do them right. It made it hard for me to want to do them at all.
We were playing indoor soccer on a rainy day. My friend Tobiah and I both went to head a ball but we hit each other instead. I got a huge black eye that left a calcium deposit on my cheek bone for years afterward and I chipped one of my teeth to the nerve.
Asthma attack in gym class.
Getting my period in gym shorts
I got made fun of a lot during gym class.
I remember having to do laps and basketball lay-ups, but we had a co-ed PE class. It was so embarrassing to have to do this in front of the boys. I sucked at sports, even though I wanted to learn. I felt I couldn't really strive to learn or get better in front of an"audience."
during soccer, a kid slipping on wet grass and nearly breaking his back
changing in locker room
We had a period in which we did juggling for a two week cycle. I'm very fit, though a terrible juggler.

actually it was after class if that counts, I was practicing for volley ball because I was so bad at it and I was embarrassed to go to class so my best friend that was on the volley ball team was showing me how to spike the volley ball, and I sprained my ankle.
Running the mile each year
Having to sit on the sidelines when I was too out of breath or on days where my therapist sent a note saying I shouldn't be running. So instead of doing the activities, my PE teacher made me fetch things for him in far away places.
I got hit in the face with a football and my mouth started to bleed. Someone ran into me during a softball game while I was on third base and I fell quiet hard.
I hated when we had to play baseball. I could not hit the ball. I was almost always picked last for a team.
Frequent pain and asthma attacks.
Never getting picked, running around the track.
I hated it all the time. I don't like sports or engaging with people in that way. Nothing particularly sticks out as a bad individual memory.
I was often singled out to do running during certain PE periods rather than do less active more enjoyable activities, looking back I think they did this to me and the group of boys I was with because we weren't actively participating, or acted as though we didn't want to be there. So as a sort of punishment.
Getting hit in the nose by a incoming soccer ball
Missing swings playing wiffle ball
A teacher once threatened to cut my legs off.
I unknowingly started my period and was wearing light colored shorts.
I broke my ankle sliding into third base in kickball.
There were a few times I was chosen last for a team. Mainly because I was a girl and the boys were picking the teammates. It wasn't a good feeling.
My PE teachers weren't encouraging to those of us who aren't naturally athletic. We had to do gymnastics in 9th grade, and I had a very hard time getting up on the balance beam. There was a senior who was chatting with the gym teacher nearby, and she was asked to hold my hand while I walked from end to end. It was super embarrassing.
being beat up because i wasnt that good at baseball

I like playing with the medicine ball at a young age but i was afraid it was going to hit me in the face. I felt scared because i was a girl if i didnt do as good as the boys i would be embarrases. I was poor and my mom didnt pack my sneakers when i was young i had to wear donated sneakers and i had to find ones that fit. I felt happy whrn i became hood at serving the ball in volleyball about 15 years old. I often didnt play sports felt socially akward... wanted to great at what i was doing or felt embarrased. Again i was poor so there were no outside classes like dance, karate, softball, soccer etc.. we didnt have a car to get around to buy food let alone.. being a "soccer mom", my mom was lucky to walk to the store every day and put food on table.. sports werent high on our agenda.. i did enjoy solo sports outside of my home, like climbing trees or rollerskating... non competitive and by myself. I hated kickball in school. One time a kid passed me running the bases i wasn't fast. Did not have cool clothes to participate with. Probably would have enjoyed it more if it was lasy period before we went home .. tit produced anxiety knowing i had to ho back to class.

mean girls ruined the experience for me in high school, although I am well past that, I'm quite certain the same peer negativity goes on to this day.

kinda boring except dodge ball and baseball

During the physical challenge tests, we each had to perform the action alone in front of the teacher and the rest of the class and I almost always did horribly. Very embarrassing.

A bunch of kids were throwing basketballs around and I got hit in the face with the ball. Nothing broke but I had a bloody nose.

All of my PE memories are horrible. My teacher did not take into account strength/flexibility/stamina differences in students - either you kept up with the best athletes or you didn't count.

Skiing in the winter time. I hate the cold and having to go out in it. Plus my parents were cheap and the snow clothes I had wear not stylish or cute.

When I got hit in the face with a volleyball while someone was trying to serve the ball.

i was hit in the face with a soccer ball

One time I was forced to do book work by the teacher ecause I wasn't "good enough" at the made up sport they played and didn't show enough interest in it.

being forced to keep running around the field even though I was hurting and getting side cramps

Having to do pull myself and hold it for three minutes and not being able to.

Repeatly put down for not being as good as others. This was in elementry and high school although it got worse as I got older.

Every single time we had to run laps around the gym and the boys on the boys' side of the gym sang the Speed Racer theme at me.

having to take a shower with other boys

Getting out of the showers afterward, and finding out someone had stolen my underwear.

I could never climb the ropes in gym class, and by junior high, I was able to hide in the locker room to avoid doing the obstacle course.

The worst memory was when I almost drowned in the water, while we were swimming.

Several times I felt embarrassed about changing in the locker room.
Getting punched in the stomach by another student on purpose.
the shorts were too short and I hated getting changed in the locker room
My worst memory is when we had to do the presidential fitness tests, and I wasn't able to touch my toes. A lot of the other girls in the class were able to touch their toes, but I couldn't reach mine.
Being too exhausted in running was very saddening to me.
Climbing up to the ceiling on the rope.
The first time we had to do the 2 mile run in 18 minutes or less I failed by a few seconds.
head butting a soccer ball when i was not supposed to, causing my team to lose
mean kids
Pretty much everything about PE was negative for me. I was not fat or out of shape, I just hated the type of things we had to do in PE. I was never chosen to be on teams. I couldn't catch a ball to save my life. It was all terrible.
My worst memory was getting into an argument with a peer during a volleyball game.
During the gymnastics unit I was required to perform a dismount off the uneven bars. I did so falling several yards, my eyeglasses flew across the room, and all the teacher had to say was "I told you to hold on tight to the bar with your legs"
I had really bad cramps after running and would throw up
I had to sit out for a few weeks because of my fractured radial head.
spraining my wrist
my teacher was an a-hole
My worst memory in P.e was being teased by a group of girls for not being fit like them and being a fat tom boy.
Having to be weighed and my weight announced to the entire class.
I was very young and i had an overactuve bladder. I ended up peeing on the floor because the teacher would not allow me to go to the restroom.
Completing the presidential fitness test was the worst! I was unable to keep up with other kids, so I was always embarrassed.
I developed breasts before everyone else and they got to be quite large, so I absolutely hated anything that involved movement whatsoever since they bounced all over the place.
Feeling very sore the next day from stretches.
Running in the extreme heat to get to the basketball court only to slip on the rocks on the way and hit my knee so hard that a rock got stuck under the skin. That was pretty terrible. That and the insane heat and humidity in the South in general.
Never getting picked!
Being blocked from entering the gym by two larger girls. Even as an adult I could not stand exercising!
My worst and most embarrassing memory from gym class was when I was in eighth grade. I remember I was wearing black jeans and we were doing lunges. When I did a lunge the inside of my pants from my upper thigh to knee ripped. I couldn't walk around like that so I had to tell the gym teacher. She went and got duct tape and taped my pants back together.

Being made to sweat buckets in first period and then not having an opportunity to shower due to time constraints and being smelly all day.
GETTING HIT WITH A TAMPON BALL
Getting sick after running a mile.
I was always picked last on the team like when we played kickball.
Being made to arm wrestle with everyone standing around watching
Having to always walk when people ran a mile
Accidentally hitting a female classmate in the face with a dodge-ball.
I sprained my ankle playing volleyball during PE class once
Having my bra fall out of my pocket during gymnastics.
not being able to do the pull-up test
I wasn't a heavy set girl yet, i was about 189 but my gym teacher was extremely overweight. I think because she was overweight that she decided to take our her insecurities on me. She made me run extra laps or always made me feel bad not completing the mile in 12 minutes
Being one of the last people chosen for a team. It was a popularity contest.
Being beamed in the face with a volleyball by a popular girl. I got even by commenting on her enormous nose in front of the class, and all was once again right in the world.
My shorts split open while playing basketball in the gym
During one physical education class, we were playing basketball and my shot got blocked really bad.
Only thing I didn't like about PE was sweating due to the fact that I always had it the first subject of the day. So I either showered or had to smell like armpit.
The time that some kid stabbed me sucked. (Don't worry, I kicked his ass. He was even scrawnier than I was and at least I used to skateboard back then.)
When it was the last day of gym in 8th grade, I had run the mile every Friday that year, but because school was about to end I sat out. My teacher made fun of my weight in front of everyone and said it was something I needed.
We were playing pickle ball and one of the seniors who I was partnered with slammed his paddle by my face a bunch of times as he had me pinned to the wall. He wasn't very happy about being partnered with me, he spat in my face when he yelled. The PE teacher saw the entire thing and didn't do anything, I didn't really care for PE in Iowa since that day.
The physical tests, such as how many sit-ups, push-ups, pull-ups, you can do, etc. I was athletic but I hated being watched or put on the stop in front of my peers like that.
i feel satisfy and not have motivation.
Getting an injury while being forced to play football. I already didn't like being forced to play these sports (I was decent at them but didn't like many of my classmates or the sport), but I'm pretty small, so when a bunch of guys decided to turn touch football into tackle football when the teacher wasn't looking, I was hit hard, and it was very unpleasant. Not necessarily embarrassing, but it hurt the rest of the week. To the guys' credit, I don't think it was intentional, and they stopped right away to help. But it was still pretty negative.

My worst memory was when we were learning to "overhand" serve during volleyball. I was unable to do it and the teacher embarrassed me about it.
Running the mile was hard for me because I would have a hard time breathing after a few minutes.
Being yelled at by my PE teacher the first and only time I made bat-to-ball contact in softball. Allegedly I threw the bat as I began to run and was disqualified from running my earned bases.
Learning to square dance but wasn't chosen a partner.
i was laughed because of my over weight and i hated PE all the time. I felt embarassed whenever i run with my shorts .
It was really embarrassing changing out pe clothes the first time.
forced to play basketball with show-offs
One time I got hit with a ball and it broke my pinky finger.
During basketball, I failed to make a basket three times in a row and this reduced my grade.
square dancing
Any team sports activities were the worst, because they highlighted the failures of students who were not naturally athletic. However, the teachers provided no instruction on how a student might improve performance. This was true at all grade levels. Later on, I learned that I did enjoy solitary-style physical activities such as floor and step aerobics, yoga, and free weight lifting.
Being laughed at for not being able to hit a softball
having to go there every day
Falling flat on my face while running laps around the gym, and everyone laughing at me.
I was forced to go out in 30 degree weather without a jacket and go outside for PE. I did not get along with the teacher and I felt very self conscious in the class. I did not like changing in the locker room with the other kids and felt very self conscious about it.
I KICKED A BALL AND IT HIT A GIRL IN THE FACE BUSTED HER LIP SHE CHASED ME TO BEAT ME UP FOR AN HOUR. i ran to the principle
One Monday morning, my PE clothes were stored in my locker bin, wet from the previous class, which was on FRIDAY!!!! Well I was forced to wear my school attire. Wearing my "regular" clothes during PE made me stink to high heaven. PE was in the morning, so I spent all Monday smelling like teenage boy BO. My dream of being a head turner came to life, except it wasn't for my drop dead looks, but my god awful smell. I became popular for smelling like onions. Great memories..... NOT!
Having to do physical activities that I thought were kind of a waste of time, such as badmitton, archery, square-dancing.
I live in Phoenix so PE in the afternoon was awful because it was so hot.
My friend punched me in the face pulling a sweatshirt out of her locker when I was standing behind her. I fell onto the floor in the locker room.
Being hit in the face very hard with a soccer ball while I was wearing my glasses.
play volleyball, basketball, soccer and exercising
Getting my nose broken during basketball

I hated having to be in the showers and swim in the pool. Everyone was judgmental and it was uncomfortable. I still have bad memories of classmates making extreme fun of one of the other classmates.
One of the most difficult activities from physical education class was climbing rope.
I got hit in the face with a hockey ball.
We had to do some kind of obstacle course where we had to do a hip roll over a rolled wrestling mat. I threw myself over and fell hard everyone had a laugh I broke my big toe on my right foot but i finished that dang course.
We were playing softball and I was in the outfield, paying no attention to the game. I was pulling up blades of grass with one hand and holding them in my other. A batted ball fell directly into my hand, but since I was not paying attention, it rolled right out. The rest of my team was so angry with me, and my peers ridiculed me about it for years.
I hated swim class. But that was mostly because I had it first hour and my hair would be wet for hours.
Nonr
The one most worst memory I had in my physical education class was my sweat pant was rip near my but cheek.
My worst memory doesn't have to do with the physical part of the class, but as part of being required to "dress out" into a gym uniform. We had a lesbian in our class who was repeatedly harassed in the locker room; girls would make comments about not wanting to change when this girl was around. She had been a friend of mine since elementary school, so this constant harassment really bothered me - although she tried to assure us all it didn't bother her. So while it isn't directly related to the physical activities, this is definitely an unpleasant memory from PE that has stayed with me for 15 plus years.
changing in the locker room was mortifying
The worst memory I have from physical education class was when we playing indoor volleyball. This one particular day for whatever reason the gym in my school had a movable wall that when from the top of the celling all the way down to the bottom, it would be pulled out and reach the other side of the gym making to 2 half. I don't remember why the wall was out this day but it was and I was in a position on the volleyball team that I was right in front of it because it was my turn to serve. I remember tossing the ball up and hitting the ball and having it go behind me and just as I was turning around the ball came back towards me and hit me straight in the face breaking my glasses and a bloody nose right in front of my whole class. I was so embarrassed by this experience and it made me hate PE glass even more.
Growing up I spent several years in a back brace, so I was often exempt from PE class. During my freshman year I took ROTC in place of typical PE class. Once per week my class would go outside to run the track as a unit and perform other physical activities. I was never able to keep up with the rest of the unit on the run and I was unable to participate in most physical activities. It made me feel very bad.
dressing out
My worst memory from PE class was my school cancelling it because the teacher was sick.
Having to change in the locker room.

Getting hit between the eyes with a volleyball; I wore glasses and thought at first that they were broken.
The P.E. teacher sitting on the toilet watching the boys shower.
Vollyball comes to mind. I was always yelled at or made fun of for not being good at it. I also got knocked out by the ball once and woke up in the principal's office
WE HAD TO RUN A MILE AND IT BEING TIMED, I WASNT THE FASTEST KID BECAUSE I WAS OVER WEIGHT BUT I TRIED MY BEST. YOU WASNT ALLOWED TO GIVE UP, I JUST REMEMBERING MY CHEST HURTING, CRYING, THAT I COULDNT DO IT. SO I STOPPED MOVING WHICH HELD UP THE CLASS WHICH MADE MY TEACHER MAD AT ME AND EMBARRASS ME IN FRONT OF THE WHOLE CLASS AGAIN. THE TOPIC IS DONT GET FAT YOU MIGHT BE ABLE TO FINISH A MILE RUN. TO THIS DAY I DONT LIKE RUNNING.
Having to run a mile.
The worst memory I have from PE class was not being able to do the pull ups/hang.
I was overweight over 200 pounds. I didn't feel like it would help me lose weight. I thought the other kids would make fun of me if I didn't do it right.
The showers
Losing the championship volleyball game
The gym teacher yelling at me in front of everyone that I was weak and not taking the class seriously, when I couldn't understand how to work the leg press machine. Everyone laughed at me because I couldn't press any weight in addition to the machine itself with no weights added.
One of the worst memories i have in PE is when the teacher decided to do dancing and square dancing. Its was an activity that I just did not want to do and large portion of the class did not want to as well.
The locker rooms were always unclean.
When I fell in front of the whole class because someone tied my shoe laces together.
Being weighed in front of the whole class in middle school, although I wasn't overweight. It was just embarrassing because it was middle school and I was self-conscious.
We had to jump over hurdles. I was nervous the whole class and let everyone go before me. Over 100 students were there. I finally had to go and then I jumped over the hurdle, well tried, but one of my fit got caught and I fell and slid across the floor.
My worst day at PE class happened whenever I had to play basketball... I was terrible at ot and worst of all, I didn't had the body height to play it comparing to the other players.
I was the fat kid in my PE class.
It was all social, despite (at the time) being a decent athlete, I was often picked late or last due to just not being all that "popular". Which in general means I likely disliked the class more than I needed to
Having to run laps because a certain student or two decided to misbehave. Also having to do difficult spelling tests on proper muscle names and if you got below an 85% you'd have to run a mile.
Being yelled at while playing volleyball
having to change for it
community showers

Being the last choice when teams were selected
falling and tripping in front the kids
Throwing up in front of everyone, not from activity, but from illness.
People were laughing when i was running very fast to a base while playing baseball.
The mandatory mile we had to run was humiliating, other students would throw things at me as they lapped me and insulted me. One of my best friends at the school ended up being a very pretty girl who was similarly harassed during PE (though in a different way because she was uncoordinated but at least attractive). PE was bad for several students and that reinforced our mentality of not liking it.
No one in our class could ever do a chin up which is a requirement for the new york state fitness test. It was ridiculous. If half the class could and the other half couldn't i could see how it would still be required but our poor gym teacher basically spent all day lifting us up to the bar and then in seconds we would drop down. Waste of everyone's time and energy
We were playing dodge ball and I accidentally hit the ball against my foot and somehow got my shoe flying in the air.
Perhaps my worst memory from PE class was swimming classes, and how terrible it was trying to get dried off and back into clothes in a damp smelly locker room in a short amount of time, and going back to class with wet hair.
Fasting during sit ups
Disagreeing with the PE instructor about the rules of a game.
menstrual cramps. I had to sit down.
getting picked last
Being forced to run laps even though I had a doctor's note that I should not be running due to a recent knee injury. I was openly crying by the 4th lap, walking by the 8th, and when I was yelled at to keep running, I told my teacher I couldn't because it hurt too fucking bad. He sent me to the locker room, telling me he was writing me up for gross disrespect. I told him I didn't give a damn. He escorted me to the office, telling me to cut out the fake limp. Sitting in the vice-principal's office, my knee was extremely swollen. I was suspended for two weeks and had to have surgery to remove torn cartilage that had worked its way into the knee joint while I was out of school.
One year they got rid of all games and made us run all year in PE
Not really any....I just didn't like having to do it with the "jocks"
In high school, a gym teacher deliberately mispronounced people's last names to make the experience more frustrating/embarrassing. He would yell these incorrect names loudly at people throughout the class. This same teacher told me to "shake it off" when I injured my finger playing basketball in PE class. Turns out it was broken.
Getting bullied on a constant basis. It didn't have anything to do with not being physically fit. I was quite small and active back then. Boys are just mean. >|
There was no structure and kids could pull my sweatpants down and it would be funny.
Running the mile
Teacher made me do yoga and made me put my head too far back and I started to choke and turn red.

I could never climb a rope so I just hung on for dear life.
Playing basketball. I was not very good at it, so I lost early in games like PIG and HORSE.
When we would have to pick teams. I was always nervous that I would be picked last because back then I used to be unsocial.
Being picked on for not being able to run.
I ripped my pants and had to go to the nurses office to get new pants
I was badly sexually harassed to the point that I felt unsafe in PE. For a long time I thought that I disliked exercise because of bad associations from this. I actually do like exercise, but didn't realize it until my mid-20's because I hated PE so much.
I was a new student at my middle school and it was my first time playing basketball in front of so many students. There was also a boy watching me closely from the stand which made me more nervous when I missed a ball that was passed to me.
Having to run the mile and having to beat a time limit for a grade
Being 13 and bleeding through gym shorts while running an indoor mile in front of 13 year old boys.
FUN
Being laughed at by the "cool" kids because way I ran my "stride"
I couldn't freaking jump a rope and everyone else could
I lived in Florida during high school so any physical activity outside or in the non air-conditioned gym was absolutely brutal
The teacher yelling at people, generally, or the presidential fitness test.
Always having to be inside because the weather was bad
A classmate shoved me to the ground and insulted me multiple times. I hated PE because of bullies and lack of supervision.
Pretty much all of it. I was often humiliated and ridiculed during PE.
Dodge ball or trying to participate in team sports (I have social anxiety) - Individual fitness is just fine!
Running wind sprints
The PE coach getting onto me because I had difficulty with sit ups. Then to make matters worse, I released gas when I came up for the sit up and she laughed at me.
Not being able to set well in volleyball
Having to run around a track outside despite the fact my allergies and asthma was really bad. The teacher didn't care that I was wheezing and had to use my inhaler. By the next day I got a note from the doctor saying I had to exercise indoors.
I remember my gym teacher in I think 5th grade made me cry. I forgot what she made me cry over but I remember she was mean to everyone and no one liked her.
tripping while dancing the "polka" with a boy
The physical fitness tests I had to do all through elementary school. They made us (try to) do pull-ups in front of your entire class. I have no upper body strength and I probably will never do a full pull-up, and that's okay! But as a young girl, it was humiliating.

Failing the physical fitness test so many times I had to be exempt from the class both my junior and senior year of high school - I still had to go and participate but I didn't get a grade. Who cares if I can't do 100 sit ups in so many minutes or climb a rope and hit the roof of the gym or do so many chin up or any of that other stuff? Why couldn't they let me do something I could do? It was embarrassing to have to try to take that test every few weeks only to fail it again because lets face it, I can only do a couple of sit ups and I am never going to be able to do 100 no matter how hard I try. I don't think I ever even passed one part of that stupid test in the 2 years I had to try.
The teacher wanted us to run a mile in 11 minutes but only gave let us run the track one time prior. I couldn't run it in 11 minutes and he said I wasn't trying. They need to run kids harder and more consistently.
The worst is when I sprain my ankle worse than a break. I stretched out all kinds of ligaments.
We were playing basketball and I was not good at dribbling nor making shots. This was a speed drill and everyone could see your skills. We were placed on teams. The girls were against the boys. I was horrified to know that I had the ball placed in my hand. I was embarrassed and did not want to participate.
running
I had bad knees and poor form and ran very slowly. My teacher was not that mean or anything, but it still felt bad to be the obvious slowest and last to finish the mile run around the track. I wasn't even overweight, but it still felt bad.
I got busted for eating a chocolate peanut butter egg.
Passing out due to heat while playing soccer
Getting hit in the face with a basketball
I got hit by a served volleyball
being the last to finish on the track.
got into a fight
When I sustained an injury on the gymnastics equipment (a torn hamstring) and still was made to participate and complete the unit despite the fact that it takes 6-8 weeks for a torn muscle to heal.
I was trying to do the "skin the cat" on the parallel bars and fell/
Being compelled to wrestle someone who bullied me outside of class. As expected, he injured me during the wrestling match.
Maybe having to do pullups in front of the class?
knowing that it was my turn to next try a task in front of the whole class
I hated dodge ball and gymnastics.
getting my period in class and getting picked up by others calling me bloody Mary

The class had to run around a mile long track, which I wasn't very good at anyway. One of my classmates started having an anxiety attack half way through. This track went behind a large recreation building and through several tennis and basketball courts. Basically, it was mostly unsupervised. My friend and I made a plan that she would run ahead and tell the teacher and I would stay behind to keep an eye on him since he was wheezing, but still walking.
When we finally made it there, the teacher called me a disappointment for making the class wait so long. He was red faced screaming at me in front of all of my classmates. Then he said that the kid was fine, but took him to the nurses' office anyway.
It was great.

When I had to do a handstand and I didn't tuck my shirt in. I was in front of a mixed class. And, guess what? I flashed the boys with my teenage self.

No worst . It was all bad. I also hated when I was forced to play kick ball at recess in elementary school. I was always picked last and never got to base.

In high school, there was a time when we had to group up and create a short dance routine. Not only did half of our group abandon us for other groups, but they also actively made fun of us for the routine we created.

Attempting to climb a rope and not being able to.

My worst memory in PE is when I got hit in the face with the ball while playing dodge ball, I hated when my gym teacher used to MAKE us play. He practically forced us to get hurt. I hated dodge ball and I hate it now. I actually told my daughter's school that if she did not want to play, they cannot force her to. She hates getting hit by the ball too so she sits out each time and colors instead. My daughter is 7. I don't see how anyone enjoys getting hit by a plastic ball.

Being singled out by the coach for not being able to shoot a two point goal while playing basketball

PE class was the first time that I felt truly embarrased about my body. I would wait to change in a stall and not be naked in the locker room - several times it was pointed out that I did this and it was 'probably becasue she is so fat.'

Having to undress in the locker rooms and being the smallest of the indivduals.

Playing sports in front of everyone. I was bullied I was a outcast. I am really good at sports but never cared to try in front of people who hated me. It made me dread going to gym. One year I even had this one girl bully me. She was way bigger than me and threw basketballs at my head for no reason. I remember being afraid to even go to PE because of it.

sweating a ton after the mile run

I was friends with a girl that everyone hated. Because of that, everyone treated me only a step above her. At that point in my life, I still felt the need to be accepted, so I hated going to PE every single day. I wasn't brave enough to stand up for her, so I had to watch people torture my friend, and feel horrible for not saying anything.

I never enjoyed people staring at me while trying to perform a difficult physical task. PE can be uncomfortable if you are shy.

I was picked last one time when there were kids that were way smaller, and much less athletic than me, for the mere fact that I was low income, and low social status.

I chippped my tooth on someones head when diving after a basketball. He was bleeding and I lost part of my tooth. That was pretty embarrasing

My male PE teacher didn't think the girls were trying hard enough during football so he had all the boys sit down and watch the girls play by themselves.
My worst memory of PE class was running the mile.
Once a month we had "Run Day" where we went out to the track and had to jog or run for the entire 90 minute period. I barely survived those days. I was near 300 lbs at that time and just couldn't handle that level of exercise yet and was constantly yelled at by the teacher.
I was beat up several times in high school PE. I would have enjoyed it but unfortunately my negative experience was trying to avoid it in any way possible. I despised it and life.
square dancing in the 5th grade. What a terrible idea. everyone is awkward and trying to hold hands, what an outdated archaic hold over.
sweating is the worst part
I hate the rope climbing activity.
Getting measured and weighed in front of classmates.
Dressing out in locker rooms. I was always chubby and seeing girls around me who didn't ave to shimmy into their pants or shorts made me feel like crap when I jiggled around to do it. I also wanted to shower on most days, but we did not get enough time to dress back in after class and the stalls were not private at all.
when my right eye was accidentally hit by the elbow of my classmate but though, nothing worst happened
Having to swim first thing in the morning when I got to school as this was my first period class. When a girl couldn't swim due to it being her time of the month she had to sit out and the entire 3 p.e. classes knew why. We had p.e. classes 6 periods a day and there were 3 classes in each period.
There were many cliques and "mean girl" groups. I never felt like I fit in.
The rope! I'm afraid of heights and didn't want to climb it, but they made us dangle there for the full time no matter what. Being off the ground terrified me and having everyone stare at me only made it worse - especially as I was hitting puberty and developing a different body shape at the time.
I remember a running unit. That was horrible.
Getting spiked in the face by a volleyball and my glasses breaking
bullied
Being poor and not having properly fitting or appropriate clothes for PE
Just having to runaway mile and being one of the last ones to come in.
Running a mile with the rest of the class.
Locker room antics
Not being popular, rarely picked for certain sports activities performed and etc.
During 10th grade, I was scheduled for 1 st hour pe instead of last hour pe. It caused my hair to get messed up and my makeup ruined. I preferred to get messed up at the end of the school day.
When I was in 7th grade I tried to do a pull up in front of the entire class and I fell down without completing one.
having no time to change
Being picked on for not knowing how to rollerblade.
Being chosen last for a team.

Running around the gym, just running in general because I've always been out of shape
Asthma attacks, being picked on for being the fat kid, showers, everything
I got stung by a yellow jacket during a basketball game once.
My worst memory from physical education class was when I tried to kick a ball, but missed and fell down.
Doing anything in the weight room. Or swimming
I was terrified of the ball and any game that used a ball horrified me. I would try to hurt myself at home so I could get out of kickball the next day.
I developed very early, so kickball was not my thing, I hated running cause boys ogled at me.
scoring a big goal in soccer game gainst the girls in 6th grade
My worst memory from PE class was being picked last for softball teams.
I was younger and we were running in a circle, I looked behind me, turned around, and ran right into the wall
playing baseball during gym, since i hated baseball and did not understand the concept of the game
We were playing baseball and the teacher told me to just stand there and hold the bat out; he would throw the ball at the bat.
I wore long socks for our mile run and while I was running a girl ran up beside me and pulled my socks down, making fun of them and subsequently, me.
I have vision issues which interfere with my depth perception and severely impact my ability to do sports-related things well, such as catch a ball or hit a ball, and my coordination is also problematic so things like dribbling a basketball or trying to gauge distances correctly in order to throw a football are very difficult for me. My worst memory involved several boys who became angry at me for failing to catch a ball during a softball game, resulting in defeat for our side. These boys (who were popular, athletic and accomplished) mocked me mercilessly from that point forward, and encouraged others to do so as well. I often tried to avoid P.E. as a result in any way I could (feigning illness, being late, simply not showing up, etc.)
When I was the last one standing in a dodgeball game and I knew I couldn't save my team so I let myself lose
Being the fat girl who had to change in front of everyone.
Everything about it. I hated it more then anything even still.
Getting hit by sport balls and having a serious headache after taking a hit.
When we had to run a mile for time. It was such unnecessary stress on so many kids, as the athletic kids ran laps around those of us who weren't athletic.
I think just being an adolescent/teenager and changing in front of others is embarrassing. I don't care now as an adult but those things matter when youre young.
I passed out on a track after having Mono. I had a note from a doctor and the teacher made me walk. I collapsed. My doctor called the school and after that I did not have to wear a PE uniform or participate in any fashion. This made the teacher very angry, and she was not allowed to talk to me anymore after that.
Not being able to kick the ball correctly in kickball
Doing shuttle runs against one other student with the rest of the class watching.

In middle school, the gym locker room was the worst place to be. We had changing stalls with curtains, but other girls would come by and rip the curtains open and make fun of whoever was changing behind them. If we had to shower, some of the girls would stand at the exit of the showers and try to rip your towel off. One day, a bigger girl in class had her towel ripped off so violently that she slipped on the wet floor and hurt herself pretty bad. But she had to get dressed before she could go to the nurse.
Playing ping pong for weeks upon weeks in a row and being horribly bored.
Doing obstacle courses that required somersaults and flips and not being able to do them.
My worst memory is probably in middle school. I got my period during swim week and everyone saw because i was wearing a white bathing suit.
Playing dodgeball. PE was the single place in school at which every social anxiety or insecurity was manifested in directly observable, concrete form.
One time we were playing volleyball, and I was jumping up to spike it. I was on the volleyball team and was very good. I was an all-rounder in terms of ability. A boy from my class, who was boisterous and annoying jumped up and nailed me in the face with his elbow. I fell on the gym floor and was bleeding profusely from my nose. I glared at him. He didn't even apologize.
Burpees
I remember getting hit in the face with a volleyball... That kind of sucked. Most of the class was laughing at me, and I was extremely embarrassed and left the gym.
fun
My worst memory in PE was when we were doing flag football, and as i was running for a touchdown a one of my male classmates (who actually was on the football team) shoved me from behind to keep me from scoring. I went flying like 6 feet forward.
All I really hated was the suiting out. I also hated the fitness gram tests. These consisted of running a certain amount of time, doing a certain amount of push ups, sit ups, weighing yourself, etc. I think for the most part, this embarrassed students and didn't encourage any fitness.
Jumping jacks
My worst memory from PE was having to dress out in front of everyone else.
having to report homeless people living in the bushes on the cross country trail
I hated having to change clothes in front of the other students, that was the worst memory every day for me.
Pretty much every experience from PE was terrible, but the worst was track, because I was always letting everyone on my team down.
Being picked last for a team
One time, someone tripped me when we were running. I fell pretty hard and was completely embarrassed. So later during class, I tripped her back. But the teacher only saw me trip her, so he started yelling at me and cussing at me.
Getting assigned on teams where the other students couldn't or wouldn't participate
Running a mile
Playing volleyball. I really dislike volleyball for some reason

Pretty much all of them were bad. I was tiny and had slight asthma and not athletic at all. We were forced to participate no matter what. One memory is we had to play baseball. I was not good at all being a tiny girl. The ball came toward me but not right to me and of course I didn't catch it. This one guy just started yelling at me and making fun of me. I remember wanting to cry but not letting them see it. That's just one bad memory. The others are mainly just being small and not athletic and feeling tired and not good at anything.
Being made fun of because I was tall and lanky
In high school PE we had swim instead of regular classes when it was warm. Having to be a freshman in high school in a bathing suit around a bunch of high school guys made me feel really insecure. I pretty much dreaded PE every day.
Passing out during a game of basketball
I was a cute girl but I had horrible acne. I hated changing in front of the other girls because they made fun of the acne on my back and arms.
Pervert gym teacher
Getting hit in the face with a basketball by a classmate on purpose because I was not good at playing the game.
Trying to golf
we were weighting ourselves with a BMI scale and when it was my turn my PE teacher covered the scale so no one would see. Very embarrassing since it was in front of the whole class
No specific incident pops out. I was unpopular, so PE was always a special kind of hell I had to deal with throughout elementary and high school.
Running the mile in front of classmates
i hated the presidents challenge. i was alway last except for the situps
I wouldn't say I had a "worst" memory, it was just a waste of time and it was a mandatory class.
Having to be weighed in front of my class for the Presidential Fitness Test.
being screamed at by the teacher to get up a rope and I couldn't do it, yet he kept screaming at me, i managed to climb and climb and then i fell. i hated PE