

Supplementary Digital Content 3. "Best" memory open-ended responses from those participants who provided them.

Hitting a game winning homerun in softball
I liked playing baseball and it's what got me to play for my high school and my college.
playing basketball pickup games
getting to spend time with my friends playing sports.
floor hockey
I liked all of it. I've always enjoyed exercise it was good times.
I always really loved when we did a "scooter town" type activity--where you scoot around on scooters. I also loved playing volleyball and badminton. I loved pickleball. I got the school record in the flexed arm hang. I loved teamwork games where you partnered up to protect a pin.
when i was able to get out of PE and sit in the bleachers. I absolutely hated the class and skipped it if I could.
In middle school my teacher decided to have push-ups contest . It was down to myself and one of the boys in class. I ended up winning.
bowling trips
We got to rollerblade around the field house for one of our fitness modules in high school. Also, my PE class team won our in class volleyball tournament.
My best memory was getting an award at the end of the year for my running.
We usually had PE in the mornings and I was always tired or depressed in the mornings. Once I was in PE and was able to start with our activities I would feel better within minutes and be ready for the rest of the day.
Playing with my friends a game of volleyball.
Presidents Physical Fitness challenge every year
meeting my best friend
playing football
When I "left" PE to move onto track, and field/athletics. It was a separate class, and was the more advanced "PE". It was always so much better.
Playing tennis for the first time
When one of the hottest girls in school approached me.
Running the mile outside on my high school track was a fun time.
swimming
getting to leave
winning the one one one basketball tournament.
The tumbling unit which I was actually pretty good at.
Scoring a winning shot when playing basketball.
The day we had a substitute teacher who said he was impressed with my running.
playing kick ball
Beating the teacher in a game of H-O-R-S-E
kickball!
year playing basketball and vollyball
I had enjoyed playing softball. It was fun and an enjoyable time for me. It is a sport that I am strong at.
When I scored a goal when we played floor hockey
Playing football and hanging out while getting a little bit of exercise a little bit is ok not to much though.
When we played baseball and golf
yes i first in 100meters
leading the class in soccer

winning the mile in middle school
dodgeball
when we did the tennis unit, I had worked at a tennis tournament so I actually knew all of the rules and how to play; I even knew how to serve.
All of it. I dominated in PE
intermurals
I don't have any specific great memory that stands out. I always enjoyed playing soccer and volleyball.
One time I ran a 7:51 mile. I felt accomplished.
when i did the most number of push-ups of anyone in my elementary school class
My favorite unit was the dancing unit. We didn't have to change into our gym clothes and we did line dancing, partner dancing, and swing dancing. Pretty random but everyone actually got into it!
I went to school overseas, and so was far better at baseball than many other kids.
Finding myself, one year, assigned to a phys. ed. class vollyball team which consisted entirely of students who weren't very competitive about it, and who didn't really care if they won or lost any given round. It allowed me to relax quite a bit, which I wasn't used to in those classes, which naturally also allowed me to have fun and to perform better at the sport itself. It turned something I especially dreaded -- competitive team sports -- into something unexpectedly gratifying.
playing flag football, I flew one time, lbs
competing against my peers was always enjoyable to me
In the basket ball trials I made the first shot the first time in my life in one attempt and I was in the team then
Playing field hockey and rocking it
flag football
making new friends
When I was in 7th grade PE and sooooo bad at pretty much every sport, being not super-coordinated and middle school PE being suddenly much more involved than anything from elementary school, my teacher, Mr. Schwartz, taught me how to hit a softball, with, if not very much strength, pretty good accuracy! I was not much of an asset, but I was never a total liability to any softball team since. :) Mr. Schwartz was a very nice teacher. It was a co-ed PE class and he had a rule that for a point/touchdown to count, someone of each gender had to have touched the ball in the course of the 'play.' I was probably treated as a more useful player of a team than any other time in my PE history in this class, because I was pretty good at catching the football/basketball/frisbee, even if I was a weak thrower, ha ha. (also, I /loved/ playing badminton in high school- so much I took it twice in college just for fun~)
Just the overall fun of it.
Playing dodgeball and I was the last person on my team still in the game. There was four people on the other team. I managed to take out all four people while my team was cheering.
Appreciated by trainer
Playing team sports
Dodgeball
a great socializing time with plenty of activity with my peers.
I liked floor hockey
In middle school, my gym teacher would let me and my friend go on the ellipticals and bikes instead of participating in the team activities. We would go up there and exercise and talk.
swimming
Being able to do pull ups

Days when we did dodgeball!!!
Having fun and playing
just getting to run around
I won many awards and made many school records in elementary school. The instructor would put your name up on the gym wall. My name was still there for a few of the records when I went back to see my brothers 10 years later.
Being really good ad badminton.
Winning in kickball
Anything but running the mile. But mostly, I loved kickball.
Being more socially confident, which attributed to playing volleyball better, haha.
The best memory was when they made me team captain for the basket ball team.
playing basketball
Playing dodge ball.
I loved when we played games like dodge ball or a basketball game. Those were always fun.
volleyball
I loved playing floor hockey in PE class
In high school, they had a cross country track that went through this small forest patch on the edge of the school and a cow farm; there was a little creek that ran through it, it was hilly, there were trees you could climb really easily in it -- it couldn't have been more than a half a mile all around. One day our gym class played capture the flag, using the different ends of the forest to play in. That was a really fun one mostly because of just getting to hang out in the wilderness.
In terms of a gym class where I actually liked it for the lesson itself, there was one class when I was in 5th or 6th grade where we were split into groups and given little imagination/logic puzzle tasks? Like, the gym teacher gave us those low to to the ground, low rolling squares, and your task was to figure out how to get your group across an imaginary river, when only so many people could travel at once on the roller and only so many people could be left alone on either side.
Playing flag football on the soccer field with friends and classmates.
All of the girls had to line up and try to make this one basketball shot. Not one person made it and I was the last in line. I was the smallest in my class and I heard people saying I wasn't going to make it. Guess who was the only girl to make that shot--ME!
setting record for most pull up for my grade, 22
When I hit the most homeruns in kickball
Basketball
PLAYING DODGEBALL
I love sports and exercise, so all of that.
Playing dodgeball
Playing dodgeball. Specifically, when my team and I took on all of the other classes and grades in a tournament and beat them. It was the first time that a freshman class had done so.
My best memory in PE class was my step aerobics final. We were assigned to a group of 3 to 4 people and had to invite our own routine to teach the class. We were the only grouped actually prepared and nailed our routine. I felt very proud and excited.
Being one of the three fastest girls on the track.
I was able to beat a lot of people at tennis and was really good at playing
Playing basketball.

Once I had a substitute teacher that actually encouraged me, which made me more eager to participate.
Beating bullies at dodge ball. When that rarely happened, it was great.
Changing in the locker room with friends afterwards. It was a fun time to hang out and chat and catch up before the school day.
Cheating on the mile run
The relaxed days where I could just laugh and joke with my friends
best memories just having fun playing games with friends and not being stuck in a class
Playing the popcorn game with the parachute.
My coach
swimming class
Getting to spend time playing games with my close friends
Loved when we were doing gymnastics
Playing hockey, soccer, baseball and especially wrestling. those sports have carried on in one way or another to my adult life.
Talking to friends
Getting to play softball, and actually not failing to make contact.
On highly rare occasions in gym class, we would play baseball in the field behind the school, and I would sometimes get a hit or put the ball into play. It would lead to some encouraging remarks from a few peers. I would be extremely angry when I did not hit the ball, though, cursing at myself. Those were the only positive memories from PE class.
I loved playing team games. I liked being able to compete with a team and try to win.
My best memory was learning to lift weights properly and developing a sense of pride at having developed physically from regular training.
Dominating in VOLLEYBALL
I won the basketball tournament in elementary school.
I enjoy this class a lot. I did this class as part of the rotc program and it was very invigorating and challenging.
The freeform days with the equipment
Getting A's in all my PE classes.
Getting some fresh air outside of the classroom on days when the weather was nice.
I enjoyed playing two hand touch football in middle school. I was one of the faster students so I was pretty good.
Indoor rock climbing
The challenges between classmates.
Being able to go from running one mile to two and the amount of weights I could lift at the end of the school year.
During High School I took weightlifting twice and was acknowledged by my coach that I was very good at taking everything seriously when it needed to and that I always completed my work and was also recommended to join school sports teams because of my athleticism.
I generally enjoyed PE. I looked forward to being active. I remember diving out of bounds to save a loose ball and throwing it back up in the air only to score a basket. I didn't even know it went in but people were going nuts.
Goofing off with another friend who also hated PE.
playing football one class and scoring a couple touchdowns
games

When I was in middle school, one of the PE activities we did involved scooters - little blue platforms with wheels you sit on. We would play sports and games on these scooters, and I fondly remember these classes. My heart rate was definitely elevated but I really enjoyed myself, which was not always the case during cardio exercise.

March-Past

In many sports in I was picked near the middle to the end when starting but by the end of the sport I was picked 1st and picked to be a sub for absent kids.

In high school we had to do a sustained run and I ran longer than anyone before everyone started walking or quit.

I was a good server in volleyball

Being more physically able than other students made me feel very powerful, masculine, and popular

Hitting my bully in the face with a dodge ball.

I could not climb rope one day during rope climbing i was last in line. Class ended just as i would have had to climb, good times

We played some fun stuff, dodgeball, frisbee golf

We played baseball one day and I smoked a line drive.

playing eagerly and excercising

playing dodge ball with my team.

playing volleyball

too many to count. i would say i always liked learning new activities and competing with peers.

Scoring goals in hockey games.

The best memory I had from the physical education class was seeing one of the bullies fall faceplant and break his nose. He was out of commission for the rest of the semester.

I wasn't the only big girl that couldn't do a lot lot of things

I liked doing strength training.

Making friends

dodgeball!

When a girl named brandi asked me out.

the weightlifting segments, because I was a fat kid but I was strong

When we played a tournament of volleyball and our team won. I love competition and it was fun to win.

running the mile

Doing the challenges. Seeing who could run the longest, or who could climb the rope the fastest.

getting to play the different games

Any time the parachute game came out

Hanging out with the boy I had a crush on

DODGEBALL

I remember beating my whole class in a round robin tennis match. This was quite an accomplishment because I had never played tennis before this.

Getting a key rebound in a basketball game

The bow and arrow unit. We got to shoot targets with our gym teacher's face on them.

My best memory was how everyone gathered around as I was jumping double dutch.

I remember when we had a gymnastics unit in middle school and how much I enjoyed that, probably because I was already good at it. It was fun and one of the few interesting parts of PE.

When we played a basketball game and the boys let me play and I scored more points than all of them.

Playin basketbal with a girl i like

I liked playing "Mission Impossible" in elementary school PE, when we had to get our entire team across the gym without touching the floor.

When I finally discovered weight lifting in high school - that inspired me to take a strength and conditioning class, and my fondest memory of that was finally being able to bench press plates. I still do it today.

Playing with friends senior year.

P.E. was my last class. The fondest thing I remember is skipping it and getting off school early.

having fun with friends

It was fun when I was in elementary school; I remember the first time I was able to climb a rope in 5th grade. That was gratifying.

Finally running a 5 minute mile.

My freshman year was actually a fun year for PE. We had an array of sports we experienced through the year and never was it forceful like I had known in Jr High. We had swimming, field hockey, track, tennis, volleyball, flag football, softball, and more. Running was still hard, but somehow I felt more supported if I hurt.

Best memory was when we had to do obstacles.

I broke the record for benchpress in my high-school, beating all the girls and most of the guys in the Freshman and Sophomore class.

the best memory i like more to spend time in the physical class .I were motivated to do some activities in advanced way.one day my physical trainer were appreciate me for that attitudes.

Scoring a goal on the soccer team captain.

My best memory in (PE) was my second grade year. I had started summer track that summer going into the school year. One of the days in (PE) we had to run laps and the top 3 people who would run the most would get a prize of some sort. So sure enough I got 2nd. I had felt so accomplish and proud. Some boys said I cheated, but that didn't bother me at all.

In 4th grade I remember we had to climb a rope hanging from the ceiling in the gym. I thought this was really cool because I loved reaching the different levels. I also liked to be in front of my peers because I was a healthy kid and I was in shape so doing those activities were not too difficult for me. I remember the rope really hurt my hands and made them really tough but it was fun.

I was very good at volleyball - ended up captain of my high school team - so when we played volleyball in PE class, I had a chance to really shine and it made me feel like a bit of an athletic star before my peers.

Playing tennis for the first time.

playing soccer and kickball

The only part of PE I ever liked was the equestrian course in college. I do enjoy horses and horseback riding and I'm surprisingly good at it. I picked that course and I loved it and it is the only physical activity I've ever been better at than other people. That is why college is much better than high school, people can choose what they are interested in.

very enjoyable and relax to each member

In middle school we made a school soccer league. I was chosen as captain of my team and we ended up winning the tournament and got to go to disneyland as a prize.

swimming

Winning the 3 on 3 basketball tournament in 6th grade

I was chosen to teach the non-swimmers how to swim by the PE teacher.

That moment when people underestimated me from previous days during mandatory class baseball. I was getting used to finally handling a bat and aiming well, but they called to each other to move in. Then I hit a long drive out in center field past where they moved up to. They didn't move in anymore any time I was at bat.

dancing

sweating everythin out

not having to take it senior year

playing with friends

I couldn't think of any one specific moment. I used to be quite athletic, and I enjoyed the sports we played.

When my team won the school wide basketball tournament. I was pretty good at basketball, so the teacher specifically gave me a pretty bad team. I felt compelled to prove that I could make those around me better, and without scoring a ton, I was able to get my teammates in the right spots for them to score and we won the tournament.

swimming

doing really well playing volleyball

When I would hit home runs off my coach when we would play baseball in class

When I made a diving catch in elementary school flag football. My elementary school PE teacher was sexist and I felt like it made him have to acknowledge that girls could be athletic too.

I remember kicking three "home runs" during a large kick ball game that earned me a lot of accolades among my peers in high school.

we were playing horse shoes (i dont have any clue why). and I ended up partnered with one of the more athletic kids in the class. I also ended up beating him. For the rest of the day his best friend wouldn't let him live it down.

High school camaraderie

Being able to get up and move and play rather than sitting in a classroom for hours

Never having to go again!

Doing the daily running with my friend Shawna.

finishing a mile under 7 minutes

Playing scooter soccer.

Hitting me goal bench max weight of 170 lbs

Loved the semester we focused on aerobics.

playing basketball with friends

running 1/4 mile and 1 mile.

Being able to be active was the best part of gym class. I love being active and healthy. I loved everything we did in high school and grade school except for the incident I just wrote about with the rope in grade school.

4 straight home runs

Using climbing gear and climbing ropes and other structures.

I remember finally being able to get the Presidential physical fitness award in the mile and pull-ups in the same year. I was very proud of myself!

FIELD DAY. I LOVED IT. I LOVED COMPETING, I LOVED PLAYING. IT WAS A GREAT DAY

Dodgeball and volleyball

I loved competitive running and I was good at it so that.

Being outside. When it was over!

watching the girls run on the track

Playing with the scooters, or dodgeball games.

It was a good time to hang out with other classmates - but not really anything physically useful.
running the mile.
I could do the most pull ups in fifth grade.
Getting my period so I could sit on the bleachers.
I just liked it overall, nothing specific.
I received applause for good performance in class.
the best was when my instructor told me that i am doing well with my exercise and everyone should learn from me
I found out I liked running.
I scored 20 straight goals in a water hokey game.
Just being the strongest
I was pretty good at volleyball. I remember enjoying when we would play volleyball in PE.
Any day we played capture the flag in elementary school
When we got to play pickle ball
Playing kickball and dancing.
I won some jump rope and tug of war contests.
Playing kickball all the time was very fun.
Winning the mile race for all of the 4th grade students and being able to go to the county wide first and fitness event for the whole county.
Being the girl in my grade who could do the most pull-ups.
Playing dodgeball
Badminton
basketball HORSE championship...I won
i threw a football pass well
Tested on agility when playing individual based competitive sports like badminton
When we do cultural dance. We enjoy each other company and result is excellent.
playing broomball and melonball in high school pe classes
We played floor hockey in the gym and it was actually super fun and I really enjoyed the competitive spirit
when i lifted 200 pounds for the first time
Playing pickle ball with my friends.
sports with other classmates
Dodge ball
Running a race around the field barefoot with the other kids, and feeling like I was flying because I was running so fast
My best memory is when we would go to the weight room and work out. I got in really decent shape that year.
I hit a baseball out of the park, home run!
yes, skipping that class
Posting one of the highest dead lifts in the school
Square dancing
Playing all these different sports and games with my friends
the day the doctor excused me from gym at all was the best day of my life. I didn't have to deal with the teasing for at least 40 minutes out of the day
dodgeball
demonstrating swimming techniques
Kickball in elementary school.

In elementary school having free time on scooters
Running
I enjoyed badminton and doctor dodge ball.
being able to run much better in high school
running laps around the gym
Dodge Ball in Elementary School
In high school, we had to take a semester of swimming. I enjoyed it even if the swimsuits they made us wear were atrocious.
when we are doing karate
Getting a 7:51 mile in 8th grade.
my favorite memory is raquetball
swimming
When it was finally over
Best memory? I'd have to say that my best memory was not doing it anymore.
A unit on croquet
when we did a ballet unit, my teacher said I had the best foot point.
Playing flag football
Getting to see my crush every day, lol!
Being named student of the year for PE.
stole the ball and went coast-to-coast for layup
Scoring winning basket
racketball
During soccer in junior high I was goalie and the ball hit me in the face but I saved our team and we won the game.
Badminton
Most of my memories of PE are good. If I had to pick one, it would have to be the day that I was finally able to swim the full length (25 meters) of the swimming pool. I think that this would be the best memory because it is something that I had to work at to be able to accomplish.
We had a fun dodgeball tournament that my team won.
i was made the captian of the volleyball team and i picked kids first who were always picked last. our team won 1st place
I was one of the best when we did some archery. I hit the target almost all the time. Also one time I got the most number of baskets when shooting basket balls into hoops of everyone. But I was clumsy and had poor self esteem so I dint actually play the game well when in a team
I was pretty good at badminton too
I remembering it being a fun time to play games with friends.
I loved the different sports from weight lifting to yoga. I was on four varsity sports, so PE was a chance to have fun and talk with the coaches.

There were two P.E. courses offered during the same period because there was room for that many students in the gym, but the ratio demanded another educator. At one point, to my horror, less than a week into the semester, our classes switched up a little bit--all the girls would be in class and all the boys in another. That way, "the boys could play basketball all period and the girls can do aerobics." I was so mad, because I felt slighted as a woman. Aerobics! That is NOT the P.E. class I signed up for! Guess what, though...my teacher felt the same way. He let us go to the weight room every Tuesday and we got to play a low-contact sport on Fridays. Tuesdays became my favorite day of the week because we got to work out with real weight machines and cushy exercise chairs--a lot of the other girls pretended to work out on those days, but my teacher noticed my heavier efforts on those days and he praised me for it.

Learning how to do physical sports.

This dates back to before I injured my knee. I was able to run. This girl had wanted to run against me because nobody else would, and I agreed. I ended up beating her by a few tenths of a second.

dodgeball

I enjoyed soccer, I felt I was a good midfielder

I remember playing volleyball in highschool. I enjoyed this game, I was not terrible at it. Also, the boys in my class then were not rude.

in elementary school, playing on scooters

I scored the winning goal in the field hockey tournament for my team, which made us the school champions.

dodge ball

The best memory was going swimming.

Just having lots of fun playing sports.

I won the schoolwide cross country meet.

When I ran my best mile time ever!

I could run around the track without stopping.

we made fun of teacher during the class

I would normally not participate as much as possible. I think the others thought I couldn't do it, I once beat everyone at a game, proving to them that I chose not to participate but I wasn't incapable.

Playing volleyball

We had a free swim period late one year and we just played in the pool.

Having PE with friends that I already knew

pickle ball

I loved when we would play volleyball. I live in rural Maine and it was not offered as a sport. The only time I would really get to play it was in PE. I loved it and would look forward to it.

Just was good at P.E. and felt accepted.

When I did tae-bo in 7th grade girl's pe.

We played badminton with indoor nets and I was actually pretty good. It was fun to do a round robin with the people in my class.

when one bully mouthed off to another and they kicked the crap out of each other instead of me

Doing well with serving the ball in Volleyball. Felt like ok i can do this, finally around 15 yrs old .

Line dancing

baseball

We were playing volleyball and the team I was on wasn't doing very well. To motivate us the gym teacher told us that they would get us a pizza if we started winning. We did and got the pizza later in class.

I was relatively good at dodgeball and won several games by being the last student standing.

In high school I did start enjoying volleyball a little bit once I was in a pe class with a couple friends.
Square dancing class
I think one time we had aerobics and stretching
dodgeball
Swimming. I float well.
when our team won the soccer game despite everyone expecting the other team to win.
being a white guy at 5'8 and able to dunk
A (Michael) Jordan like lay-up playing pick-up basketball...even though I missed.
being able to run the mile in under 10 minutes
Doing yoga in one of our class sessions.
Nothing specific, I just liked the competition and the variety of activities.
Winning the 5th grade lunch basketball tournament.
I was good at basketball
One day I decided not to dress out to do PE because sometimes I would see other kids do it. It was nice to feel rebellious and not participate in PE.
Playing sports and exercising in the gym always was fun to me.
Playing Badminton
When we used to use this big tarp and throw it up an every one would sit under it like a tent.
playing football and basketball
Playing football
goal keeper blocking everything, i was the wall
My best memory was getting a goal during a soccer game.
I single handedly won a game of handball
Taking square dancing lessons.
Playing kickball
I loved doing the races from mat to mat.
Playing badminton, ping-pong, and dodgeball in the Gym on extremely hot or rainy days. I absolutely loved badminton because I never get to play it and it was so much fun. The same goes for ping-pong as well. We would have a blast as well as be competitive. Also I loved dodgeball for obvious reasons. I mean, come on. Who wouldn't love to bean fellow classmates with one of those balls. So much fun.
Teacher
There's so many, I loved when we got to play with the parachute.
winning the free throw contest
Playing volleyball and having fun.
Working with the football coach who taught weight room during PE to increase my ability to bench by over 30 pounds from the beginning to the end of the year.
My PhyEd teacher told me I was the most promising volleyball player he had seen in a long time
karate
learning to play volleyball
Running a 6 minute mile.
Last day of school
when i put in the game-winning shot of a basketball game
Hitting a triple in softball.
Day I scored the winning goal in soccer
Physical education class we would play hide n seek. It was very fun because mats were up and we would hide from the teacher. Very fun.
Always feeling good and being pushed to another level of endurance.

winning the yearly dodge ball tournament
When we went on the track and I'd be able to smoke a cigarette while we walked. As long as I wasn't being stupid and I was walking, the coaches wouldn't care that much.
From grades 10-12 we got to choose our type of PE, and I went into weight lifting. I remember hitting my record for leg press at 900lbs, and everyone congratulated me, including the teacher.
My favorite memory was when we turned out the lights in the gym to play jailbreak, but we played it a lot like dodgeball. We had two teams on each side of the gym with foam balls and when you were out you had to go to the rear of the other teams side. You could get back in by catching a ball in the air, different balls gave you the ability to get more people free. We had some really good battles that lasted a long time. turning out the lights made it more fun for everyone
Running around the field with my friend, outside in the morning.
Parachute days were always the best days in gym class.
weight lifting.
Probably the friends I made during the class. It had nothing to do with the class or what we were doing, but my best memories of my PE classes are the people. (Also some of the worst, go figure.) If I had to pick one specific day, it was probably when we were running the mile and our newly formed group of friends stuck with each other, encouraging each other and just being positive. That was very pleasant.
I came in second place when we did fencing against the whole class.
Learning cross country skiing and going downhill on the small slope on the school's back field with my friends.
Learning to do archery.
I have so many great memories! I was pretty good at alot of the sports we played, but for some reason the first thing that popped into my thoughts was a fitness test we did. I forget what its called, but basically the teacher puts its in a CD and it plays a whistle in changing intervals. You as the participant have to run the length of the gym before the whistle goes off, and the goal is to complete as many laps of the gym as you can until you can't keep up. It starts off real easy, you can almost walk to the other side, but after time the whistles go off very quickly and you are almost at a full sprint from one end of the gym to the other.
The thing I really liked is it obvious took your fitness into account, but also I feel like I played strategy into it. I had done it so often I feel like I knew the timing and held the perfect pace to conserve energy and keep my heart rate down. So it was alot of fun to me.
I was a member of the cross country team so of course I was a runner. What also was kind of fun was I kind of liked the attention, I kind of wanted to show off, even though people didn't even care. I was always the last runner, just running back and forth, all by myself, sometimes I had other students try and keep up, I would sometimes think, when were they going to drop and finish.
Im sure a lot of people dreaded this test, but for me I had so much fun!
Playing dodge ball, or games that were actually fun and NOT sports related.
Playing dodgeball
playing touch football
Dodgeball
playing badminton with schoolmates
I ran the mile faster than any other student.
I ran a mile in like 7 minutes.

kickball
Scoring the game winning goal in a soccer game
Parachute day, when we all worked as a team and bounced a ball on a huge parachute.
Playing flag football, our team won and I scored 3 touchdowns, learned how to properly throw a football, as well as learned that I was quite good at it.
I loved playing on the scooters in pe during elementary school.
One of my best memories is when my PE teacher taught us aerobics. that was the most fun i had in a class and the most productive
everyday was a good day
When we begin to learn how to play golf.
winning a kick ball game
Once upon a time I was in a jump rope "showdown of champions." It happened one week a year. The annual Jump Rope for Heart. I wanted to win so badly, and one fine Spring day.... I DID IT....
Every year, my school would have a polka competition for 2 of the gym class periods and it was seriously FUN! It was the most I felt as though I actually worked out AND it was a friendly competition which made it more fun.
Playing volleyball.
Getting to play dodgeball because I was good at it.
Playing indoor soccer
I was excellent at weight training and exercising in the weight room. All through middle school I aced those classes.
I really enjoyed playing softball. I also enjoyed badminton. I like running.
Playing dodgeball for the first time.
I broke my leg in 8th grade when playing capture the flag. I my weight shifted on me when I was chasing someone from the other team, the grass was slippery and snap. I got to be out of school for 5 weeks because they did not have elevators or anything to accommodate. It was amazing being able to get to sleep in. I did all of my homework and class work from home. Going back to school was awful, I got along with everyone but come on staying home was the best.
I had a streak as soccer goalie where no one could score against me.
Friday was co-ed day and we would all play volleyball
One of my best memory for my physical education class was when I win from my team playing basketball.
Being the first to complete the mile test out of both all the boys and girls in my PE period.
archery was kind of nice
My favorite memory from PE class was when we would play dodgeball in elementary school.
My best memory from PE class has to be of my team winning a game our class might have been playing.
Breaking female weightlifting record for my weight in my division.
Doing multiple back handsprings in a row down the mats during our unit on gymnastics.
Participating in outdoor activities when the spring weather came on.
The day I finished my P.E. Credits and transferred to study hall.
One day, instead of sports activities, we played with a huge, colorful parachute type thing. It was a pleasant change from the normal activities.
I was pretty strong for a 9th grade girl, I dont know if it was because of my girth or if it was because of an old injury that resulted in me compensating elsewhere. I took a senior weight lifting class, mainly to see the upperclassman, but come to find out I was really strong for a female and was benching a higher then some of the males.

One time in PE class we had a staff vs student volleyball game. My team ended up losing, but it was so much fun playing with my friends and teachers. It was a pretty good game and a lot of other students came to watch.

swimming

Playing dodgeball.

My best memories from were playing the team games like dodgeball, kickball, etc.

9th grade I lost weight my P/E teacher was in the Army time. I loved her. I could look up to her.

it started raining and we went back inside and didn't have to run laps

Maxing out 200 on bench press

Making the winning throw in dodge ball and being recognized by everyone on the team.

Winning the school relay race

We used to play volleyball indoors, and while most people didn't pay much attention to the game, I dove for the ball many times and saved my side from losing points. I had a lot of fun, and by the end of the class, I had worn skid marks through the pants I was wearing to gym class.

I've had more good memories then bad ones. I guess when ever we did badminton! I always excelled at it and it felt good to win and beat the jocks at something.

Playing dodgeball for the first time was probably the best memory I have.

When my volleyball team won against our school rivals

I once threw a small foam football across the entire gym into the basketball net and everyone cheered.

Being picked first because those in the class recognized my athleticism, especially at the particular sport being played (soccer).

My best memory is hanging out with my friends trying to hide from the gym teachers.

Climbing the rope on the first try!

I guess reaching the ability to lift 3 sets of 10 reps at 200% my body weight.

Hitting the only home run in a softball tournament.

Catching a flying ball and turning a game around

playing the games

Winning when everyone betted against me.

making my best time for a mile. 7 minutes

three legged race

running around the alleyways

In a class of 30, I was always a slow runner throughout elementary school. Sometimes, I was one of the slowest despite trying hard and being good at other activities like basketball or softball. By the time I reached sixth grade, I could run faster than 10 or more others in a class of 30. I was never a good runner, but I liked improving.

when i won the p.e./athletics award

play

I was partnered with a boy i liked in the gym class and i got to talk to him.

Joining the high school wrestling team, which was a co-ed sport and had a place for people in different weight classes, allowed me to compete was very positive and inclusive unlike other PE activities. I had some good mentors there who motivated me to get more fit and less obese (in high school I weighed 100 lbs more than I do today).

We had scooters in gym and we would play scooter hockey. It was fun. It leveled the playing field a bit so the non jocks could actually accomplish something without a jock stepping in and taking all the glory. It was one of the few times when I would wish that gym class was longer.

I loved playing floor hockey.

My best memory from PE class was helping score goals in whatever sport we were playing, and getting cheers from my team.
Running a mile faster than most everyone else
Winning the presidential award.
the weight room
Playing volleyball
playing anything outside
Running 1/4 mile and the "reason why we separate the males and females" speech.
Great teacher that made games and working out fun. She chose teams for us instead of students
In the baseball section of class I was doing so well the coaches told me to try out but I didn't
My PE teacher made sure EVERYONE had a chance to serve as the server on the volleyball team during that rotation of sports. I almost got away with not serving...but then I got called out, so I had to. Well, I hit the ball...and the team automatically failed to return it. So we won the game! XD!
Playing volleyball during our free play.
Playing dodgeball
I happened to be good at volleyball so I enjoyed the short time that we did that in class.
Hitting the home runs in kick ball.
I love to run so I enjoyed running the mile and being able to run it faster than everyone else.
running the second best mile time
Dancing, climbing, skipping rope
My best memory from PE was when we got to play volleyball for a whole season. It is my favorite sport to play.
I loved playing volleyball because it was my favorite sport
When I chose to keep up with the fastest group of kids to run the final mile and had a time of 7 minutes 53 seconds.
Dodge ball days
Being a strong athlete and impressing the pretty girls
Joining Volleyball team as part of PE Class
doing the parachute. Where everybody holds on to an edge and shakes it up and down really hard then they can lift it up and sit under it!
Tree Climbing and ropes course
Being praised by the teacher for being one of the best she ever had in her class "I'm sure she was just lifting me up lol" still felt good
I loved to play capture the flag and always played goalie
I really liked playing dodge ball in elementary school and also the days where we would have free time and could climb the ropes, walk across the balance beam, etc.
When I could take dance in high school for the same credit.
Archery
The first time I bench pressed 335lbs.
One time I did happen to serve well during volleyball. Kids on my team that that normally made fun of me were cheering me on and the coach let me continue to serve for the duration of the period to motivate me. It was short lived though. In PE the next day I went up to serve & choked right off the bat.
It was fun when we practiced gymnastics moves and they brought in the balance beam and uneven bars
Playing baseball
Doing aerobics in PE. I really enjoyed the dancing and movement that went along with it.

Kickball was always great. Playing tag with the ladies was also pretty awesome.
Playing rugby basketball well
doing "circus arts" in middle school, I liked juggling and hula hooping.
floor hockey
outrunning the other kids
Playing basketball well In front of the high school coach
Playing dodgeball
I remember the first time I made a layup. It was the best feeling, because I was always chosen last in gym class. Everyone was always upset because they thought I would make them lose.
we were playing indoor soccer, and after the match the coach said I was very good and should go out for the school team
friends
We did a dancing unit that I liked. WE learned to waltz and they played music which made things better.
Hiding behind the foam cushions instead of running the mile
When we had to country line dance. It was hysterical.
Running sprints
making a miracle catch during a volleyball game that won the game!
wining dodge ball
when we did karate
Being made captain of floor hockey and able to pick teammates.
Recognizing that I consistently came in on the top half of the boys in "long distance" running.
I remember playing kickball in my gym class in high school and kicking the game winning home run. It was a great time and it put me in the spotlight in front of all of my friends and classmates.
Being on the coed volleyball team
That time I caught the popfly in the outfield during a kickball game. No one thought I would catch it.
I'm very easy to ignore and it worked in my favor when PE class played Survivor, like the show. I was never voted off because I guess people just forgot about me. The prize was a pass from the final exam and an automatic A for the class.
When we were playing softball, I was picked last on that day but I am the one that won the game.
when I got to skip the force intramural activities and walk with my friends instead this was every year several tines a week in high school (we had gym everyday in high school)
playing games
My best memory from PE class was when we did Jump Rope for Heart. It is a program that we do every year where we basically have a jump rope competition. The competition is to see who can jump rope the longest while we listed to music. It is very fun and calming. I always won each year. The following question: Which grade lever were you in when this memory occurred cannot be answered honestly as the memory occurred from 1st grade through 5th grade. Sadly, we no longer had it after 5th grade.
One day we had a free choice of the activity we could do, as long as we kept moving. I chose to take a walk around the campus and pick up trash instead of an organized sport. This is one of the few good memories I have because I felt not only like I was helping the environment, but doing an activity that I enjoyed instead of hated.
i enjoyed being able to choose the activity we participated in during high school
Being the "leader" of exercise and having all my classmates join me in 100 jumping jacks. That was awesome.

My best memory is when all my friends was in PE with me. So I finally had people to pick me to be on there team. Also had people to talk to.
obstacle courses
I liked when we did roller skating. Even though I didn't have any friends in class to skate with, it was fun practicing for that week.
I enjoyed volley ball because it was the one sport played in class that I was good at and I got a lot of positive feedback. I was still one of the girls to be picked last.
I remember winning at dodgeball. It was so much fun.
Running the mile with a fast time.
My best memory was ultimate frisbee
Playing basketball and other games with all my friends.
Got to work out for football
Dodgeball was only reason I liked PE
getting the presidential fitness award.
Dodgeball
Playing badminton
When my team won the soccer tournament
Archery lesson where it wasn't completely physically based and I could succeed.
I could kick the dodge ball very far in kickball, that was the only sport I ever didn't get picked last in
being one of the champion
Playing Lacrosse
Hands down, the parachute thing! Lifting it up in the air all together and bringing it down. I loved the feel of the silk and the breeze that it made. And as an adult, I'm very much into cooperative activities. I think the parachute was a great early cooperative activity.
playing battleship.
Having it with my best friend.
Getting to have a term of playing tennis while my friends had PE at the same time.
Being the fastest in my class.
I remember the days when we did not have structured PE and we came in and she had all these toys that you could roll around on and jump ropes, basketballs, it was a free period and we could run around outside in the yard. I loved it.
Playing the basketball game, Knockout.
Climbing rope
Feeling invigorated after I won a swim contest
I was on a team that won a kickball tournament.
During a series of races as I kid, I came in first and got my picture in the paper.
having fun with friends
Just being competitive with friends and having a good time. Not one particular moment sticks in my mind.
climbing rope
Winning at dodgeball. I made it to the last 3-4 people almost every time, but I only ever actually won ONE time.
I always enjoyed all of the games that we played because despite out of shape I was good at sports like hand ball, lacrosse, soccer, dodgeball. I always had fun playing the games.
learning to spike the volleyball
Being an unstoppable force at third base during kickball.

My best memory from physical education class was playing dodge ball in the PE hut (because we didn't have a gymnasium at the time) during rainy days.
Doing badminton
As a senior, I was so far behind PE credits that I had to take it twice a day, every day. As a senior, my PE choices were much better, I enjoyed taking bowling lessons during that time.
I really enjoyed playing volleyball. I was great at it. And playing basketball with the guys. I was the only girl that would get out there and made lots of friends.
Winning class badminton tournament
My best memory from PE class was setting the hula hoop record
Playing under the parachute
doing yoga during class and being able to learn to be more flexible
My best memory was a canoeing trip to a local lake with my summer gym class.
I'm really good at kickball but since I'm bad at everything else, everyone in my class was shocked when they saw how good I was. This might have been the only good day I ever had in PE.
For some reason, I was able to serve a volleyball exceptionally well. During the short time that we played volleyball (several weeks), I was able to serve it perfectly again and again, and even the best athletes on the other team couldn't hit it back. It was short-lived because once I was out of the serving position, I was fairly hopeless--but for that time when I was serving, I was complimented, applauded and admired. Fun while it lasted.
I really enjoyed the parachute games and getting to ride on the little scooter things.
Getting A's and having a young crush on a unknown admirer.
My PE credit one year was a dance class. That was actually fun.
I had a teacher who taught me to use the uneven balance bars. After recovering from Mono I was weak for some time. It helped me with arm strength.
Bench pressing 175lb to get a tshirt
Weightlifting - leg pressing more than the guys.
Becoming four square champion.
playing baseball
My best memory is when there was a substitute teacher and we could all sit around and gossip.
We would have to run for a mile in class sometimes. I always looked forward to it. When I was in volleyball and soccer, we ran 3 miles every other day, and a mile was no big deal. I would start out at a slow jog and time myself with my watch. Towards the last 4 minutes of the run, I would kick it in to overdrive and run at a sprint until I hit the 1 mile marker. I loved to exceed my times and made a game of sometimes running full-out and other times taking it mid-easy and then fast then mid-easy. The PE teachers thought I was a character. One time I ran so fast the whole mile and beat all the teenage boys, too. The track team's star, this tall guy, came up to me and I was triumph for defeating him. I was also terrified that he would be mean to me, as he approached. He tried to get me to join, but I was reluctant as my doctor told me not to. I have Osgood Schlatters in both knees.
Indoor soccer
playing vollyball
My best memory from PE was probably the badminton unit. I had never played before, and I got realize what great fun it was.
When I got a personal best in my mile time and was in the top 3 of the boys in my class.
Coming in first place in a race
Breaking the school bench press record in zero hour weight training.
Free day
Playing floor hockey. Hockey is my favorite sport.

Getting to do competitions or tests to see how well we could do.

Being a kid in gym

I would say that my best memory in physical education class was when I ran the mile in under six minutes because it showed my endurance and the amount of cardio I know I have, and it was a test that I set for myself and accomplishing this was very important and gratifying for me.

I did enjoy running activities. I was good at both sprinting and long distance running.

Doing pull-ups for the first time ever

Parachute days.

Actually scoring a point in volleyball

Being the pace runner for the mile for someone who probably appeared more physically fit than me

Was wearing a heart monitor so my friend and I could not "dress out" for PE

i liked the random 'fun' days where we got to play games and not be judged on what we could and could not do.