

Hey Everyone!

My name is Cami Quilter. I teach Physical Education at Arches Academy.



I love Physical Education and love to see kids excited and enthusiastic about how we can better care for our bodies, and how we can work together and have a ton of fun!

I am from Lehi, Utah. I come from a huge family. I am the youngest of twelve siblings and I have 57 nieces and nephews who I love and adore. I grew up playing lots of games and sports as a child. I never really enjoyed it but being the youngest, my older siblings "forced" me to play. Then in 7th grade I started becoming more interested in sports and exercise and began to love it. I played basketball all four years of high school. I am currently attending UVU studying Exercise Science with a minor in coaching. In my free time I love to play sports, run, workout, hike, and mainly spend time with my family.

I started teaching at Arches Academy in 2022/23 and I absolutely love it. I love the kids and one of my highlights of my day is coming to work and teaching them different exercises, motor skills, how to play sports, basic health knowledge, and how they can take care of their bodies. We also focus on a lot of teamwork and working hard to accomplish our goals. Our motto this year is "Together We become Stronger." I believe when we have support from each other, and we work together to accomplish our goals, it becomes a lot more enjoyable and fun.

Our older grades also participate in a mile and 5K runs, other various exercises, and set goals to plan for how they can improve and care for themselves.

I love teaching our great students and seeing them learn, try new things, and work hard. While we all have different gifts, talents, and abilities, I believe we can always strive to be better each day and we can have fun while doing it!

