



Mr. Kindschy's boys will have to jump pretty high to make a safe landing on their feet. Whoops! Don't fall!

Aim: Physical Well-Being of Three Thousand Students

In both senior and junior high, physical education provides for all students' mental, emotional, social, and physical development. Hughes' excellent physical education program contributes to the good health and vitality of the students.

The key to physical fitness is regular, supervised physical activity. This enables students to continue their effort and perform well over a longer period of time. When students are physically fit, they do better in school work and perform other duties without tiring easily.