

# Running, jumping, swimming into shape

Giving students choices and independence

By: Nayla Takieddine

**B**efore graduating every student must take at least two gym courses, and there were more course options than ever. From lifeguard training to outdoor recreation, there was never a dull moment in the physical education department. With eight teachers and eleven different classes students were able to fill their required credits having a great time and getting into shape.

"It was cool to see how many different courses were offered when we were scheduling. It's nice to have choices," said **Terah Tucker, 9**.

Giving a variety of options helped students feel independent. Each different course has something different to offer. In aerobics class students got their hearts pumping, while in outdoor recreation working outside was the key.

Our class doesn't just stand around. We were constantly doing activities to get our hearts pumping.

-Leah Morand, 12



**MR. DON TESTERMAN TAKES A CLASS OUTSIDE** to go cross country skiing in outdoor recreation. In this class students do many different types of activities, including archery, canoeing, and fishing. Even if the weather did not suit the activity, students were still able to hone in on some skills indoors.

**RASHEE BILLINGS, 9**, pumps iron on the bench press in the Gregory Center. Students built muscle and strength in weight training. Weight training was one of the eleven not-so-typical physical education programs offered.



Tom Adams  
Paula Anstaett  
Dan Buchanan  
Perry Denehy  
Lorinda Ottaway  
Susan Smanik  
Don Testerman



Not Pictured:  
Dan Carl