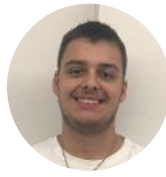


EARLY
BIRDgets the
WORM

"Weightlifting helps with the sports that I do. It builds muscle."
-Kristopher Spalding ('22)



"My favorite part of weightlifting is going before everyone else wakes up. There are no distractions." -Davion Demps ('21)



"I like lifting because it helps me stay in shape."
-Hana Senter ('22)

1. **On Your Mark, Get Set, Run** During first block P.E. class, **Jack Norton** ('23) remains as the last one running the weekly PACER test.

Students ran this test, used to test aerobic capacity, every Friday. "I like the various activities you get to do in gym. The different games we play are fun," Norton said. (S. Augspurger)

Just for the
HEALTH
Of ItStudents reflect on
required P.E. classes

Students have many required classes to take over the course of their high school career. These classes can lay the foundation for them to be prepared after high school, give them necessary skills expected from a basic education and more. But there is one unique required class that students had to take time and time again: physical education.

Some students believed it was important to have a physical education class because it could be necessary for those who don't know the proper ways to take care of their bodies or those who need that extra push to stay in shape. "I think gym should be required because everyone needs to be active in some ways. It will stop you from being lazy," **Jon Jones** ('22) said.

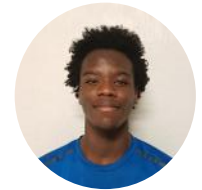
However, many students had different opinions about physical education class requirements. "P.E. is important, but it shouldn't be required for all four years. You should only have to take it for two years. As we get older, we have a lot going on, and it could be in the way if

there are other classes you need to take," said **Naomi Kalmbach** ('21).

Others believed the class should not be required for active athletes. "Gym isn't my favorite class, but I feel it shouldn't be necessary if you're already doing a sport," **Kate Almquist** ('22) said.

However, many students enjoyed these classes because they could include physical activity in their school routine. "I think gym should be required because it gives people a chance to exercise more, and there is a different difficulty for every person," **Malcolm Brooks** ('23) said.

Some students dreaded going to physical education class each day, especially if they were not big fans of fitness, but on the other hand, others found fun times in these classes because they liked doing physical activities. Whatever way they looked at it, students could count on getting their physical education. (S. Holtam and C. Presson)



Jon Jones



Naomi Kalmbach



Kate Almquist



Malcolm Brooks

"Gym isn't my favorite class, but I feel it shouldn't be necessary if you're already doing a sport." -Kate Almquist ('22)



**"I think the best part of Early Bird is being able to get all my credits in faster, and I like that it's not every single day."
-Jordyn Johnson ('22)**



**"Early Bird is a nice start to the day, and it wakes you up."
-Aidan Fitzgibbon ('20)**



**"I like weightlifting because we're getting stronger, it's a good community and I like Coach Berg."
-Ella Chitwood ('22)**



**"I like that I get to do stuff before school starts, and it helps my schedule."
-Anne Cunningham ('20)**



2.

3.



2. Jumping Around When the National Guard takes over P.E. classes for the day, **Lilli Townsley ('23)** and the rest of her class have the chance to try out their skills on an inflatable obstacle course. The National Guard usually brought activities in annually to challenge the P.E. classes and offer a break from normal gym activities. "It was fun, but it made me really sweaty. I liked it a lot because I was jumping around more than I would on a normal day," Townsley said. (M. Tague)

3. It's the Climb Outside the Sports Entrance, **Brandon Howell ('20)** makes his way to the top of the National Guard's rock wall. Howell was actually already enrolled in the National Guard. "I already went to basic training. It was actually my recruiter who signed me up for this. I joined last year. He basically tricked me into it," Howell said. (M. Tague)