



*Physical Education*

Olivia Klocke smiles during an intense game of wiffleball.



Giovanni Orzes and Rachel Lewis both attempt to get a strike during the bowling trip to Manning.



Nicholas Wilson defeats Sara Wede in the "rock, paper, scissors" P.E. warm-up game.

# Our Knowledge: *One Education*

Timarie Lafoy, Hannah Lange and Haileigh Wall (back) do Russian twists during the National Guard's Warrior Fit program. Warrior Fit comes to the school once a year to introduce the students to new exercises and to give everyone a very good workout.



The Explore Iowa Class enjoys a cave in Maquoketa Caves State Park. Spelunking was a new adventure for all of the students.

Customer is allowed to have objects outside of the margin.

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1. Lila Sebetka and Tyson Hines play "rock, paper, scissors."
2. Shiana Irlbeck works out with the battle ropes during Warrior Fit.
3. Sean Card delivers a strike.
4. Ty Lauritsen releases the ball.
5. Brianna Goecke is super stoked that she hit the shuttlecock in badminton.
6. Practicing chest compressions and giving breaths, sophomores Rebecca Peters and Jorja Weilt earn their CPR certification.



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Nick  
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Fall Academics

On a sunny fall day, Austin Miller and Ben Nelson practice orienteering for Explore Iowa.



Mitchell Nelsen, Koby Hunnicutt, and Rebecca Peters work hard on a World History group project.



Drew Christensen ziplines through the woods during the "Sky Tour" portion of the Explore Iowa class's field trip to Maquoketa.

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1. Freshman Nicholas Wilson smiles for the camera. 2. Mr. Dammel continues the tradition of reading by oil lamplight for American History. 3. Oscar Felfel and Ben Nelson emerge from one of the caves the Explore Iowa Class spelunked in Maquoketa Caves State Park. 4. Kara Christensen devours a s'more during Government. 5. Andrew Malloy selects food the class cooked. 6. Madison Lawson and Alaina Torneten takes notes during Mr. Spies's World History class.