

## COYOTE CORNER~

### Getting Fit in Middle School

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At Reed City Middle School we are making an effort to provide more physical education to our students and attempting to inspire them to become healthier citizens. In the past few years, we have increased the amount of PE students receive per year from six weeks to twelve weeks. We now have an entire six-week period devoted to fitness leaving the other six weeks for more traditional games and recreational activities.

Fitness class students work hard daily to get in better shape using a variety of exercises, but the main test and focus of the class is the running of the mile at the beginning, in the middle, and at the end of the six-week class. Students exercise daily using their own individual fitness program that they have helped design. They also exercise and get scored using the presidential fitness program three times during the course. Mr. Zolman, our PE teacher, said that the students encouraging each other has been great to see and he feels that many students have made great strides because of the positive peer support as they work through the different challenges.

The first six-week marking period is over and the outstanding student achievements are evidence that this program is working to the benefit of our kids.

Joey Oehrli, an eighth grader, set a new school record for the mile run. His time was 5:18 minutes, bettering the old record held by Dylan Jenson by 14 seconds. Other top boys were Michael Bradford, who ran a 6:19 in the 7<sup>th</sup> grade class, and Nathan Weckesser, who ran a 6:18 in the 6<sup>th</sup> grade class. Top girls were Kali Borck, who ran a 6:58 in the 8<sup>th</sup> grade class; Sami Mitchell, who ran a 7:08 in the 7<sup>th</sup> grade class; and Kendra Repo who ran a 7:40 in the 6<sup>th</sup> grade class.

There were more than twelve students who improved their times by over 2 minutes from the first running to the last running at the end of class. The top most improved student in each class were 8<sup>th</sup> grader Courtney Bennett, who improved by 3:30; 7<sup>th</sup> grader Trinity Gahm, who improved by 2:25; and 6<sup>th</sup> grader Cody Drayton, who improved by 3:12.

As an added benefit to giving double PE, we actually created smaller class sizes in the other enrichment classes to under 20. The other enrichment classes (Daily Living, Art, Health, and Computers) are project based and the smaller class size helps create a great learning environment.

Lifelong learning is emphasized where students are encouraged to continue to exercise and stay fit and active long after the class is over.