



STUDENTS GET FIT AND BUILD TEAMWORK IN GYM CLASSES

Midterms time is approaching! To ease our students' stress levels during this time of year, the physical fitness team has had them participating in various fitness and team strategy-oriented activities.

For fitness, students participated in the pacer test. Which is a running test in which you pace your speed. This allows them to compete not only against each other but also to challenge themselves to better their score each time they participate. Results were compared to the results from previous years so that students can track their progress from year to year.

Rounding out this week students are also doing strategy games such as Ultimate Frisbee and Spike ball. This allows students to compete in small and large group games.

