

Mr. Andersen, Mr. Walker, Give Students Directive

Let's Get Physical

Mr. Larry Walden actively participates in games with students. Here he is trying his luck at tennisball in eighth grade phys. ed.



"Watching students enjoying themselves and having fun is the best part about being a physical education teacher," says Mr. Larry Walden.

Many students feel the same way about phys. ed. They enjoy it because they are able to be crazy and let off some steam.

Under Mr. Bruce Andersen's direction, the freshmen had a World Series of their own; however, theirs was a tennisball tournament. Other tournaments in which all the gym classes participated were volleyball, kickball, and coneball.

Cals and laps are two very important activities in gym. Cals may include jumping jacks, toe touches, situps, and leg lifts. The cals and laps are not strenuous; they get the students ready for the games they play during the hour.

Running, batting, exercising, and being crazy are all a big part of the fun in the physical education classes here at AHS.

Taking time to participate with students is a big part of Mr. Bruce Andersen's teaching techniques. Mr. Andersen's goal this year was to improve ninth grade volleyball skills.



After a strenuous workout of cals and laps, these eighth grade students collapse, unable to move another muscle.

