

# LET'S *get physical*



It's time to get physical in PE at Vista Ridge! Ranging from planks to stretching and everything in between students at Vista are having fun and getting a sweat in. 1. *Kameron Koroma, 9*, said, "I enjoy PE so far even though I did not select it on my schedule." She is however looking forward to the upcoming basketball unit. PE class covers multiple different lessons through out the year with units including basketball, floor hockey and bad mitton. Students learn all about different way to stay fit and have fun through out the semester. 2. *Cheyenne Dyess, 11*, works with *Jackson Ziwak, 10*, in her PE class. She is a part of

the Partners in PE program and thoroughly enjoys everyday of it. "Those kids can never not smile which it bleeds into your day so you can't not be happy around them which I love about them, each kid is special in their own way which makes you want to connect with them in a way that just makes you get to love them each in their own way." 3. *Christina Reed, 9*, enjoys stretching and doing different activities in the mornings even though sometimes she is sore afterwards.

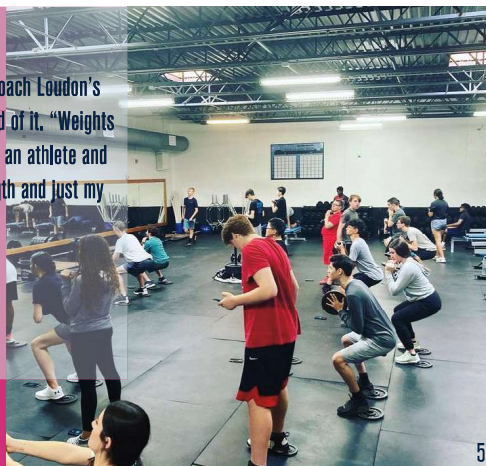
# Getting Pumped <sup>UP</sup>



4. *Cassie LeVay, 11*, participates in weights offered before school and during soccer season and feels that it has helped her drastically as an athlete. "It's helped with knee strength, agility, overall strength, and helped me become the best athlete I could possibly be, its the best thing this school has for athletics, period."

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5. *Roinn Stout, 11*, takes weights with Coach Loudon's first period class and enjoys every second of it. "Weights has 100% made a huge impact on me as an athlete and helped me improve all around with strength and just my ability to compete."



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6. The Vista Ridge weight room got a make over this year during fall break and became a new and improved place for all students to workout and stay healthy. Coach Loudon was pumped to get back into the room and to get students lifting and working out after the break. "I think the new weight room has been fantastic. I think the kids are really liking it. They have the feel of a college weight room, something I didnt even have when I wrestled in college, I think that students are really getting the most out of the weight room."

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Express yourself, love yourself



*Kaden Belcher, 10*, is taking PE this year, "I forgot to take it my freshman year, I am looking forward to what is to come later in the semester."



*Jude Haskins, 9*, enjoys PE class, "I enjoy the different games that we play, the only thing I dislike is how sore I am after all the fun."



*Carla Perez Fernandez, 9*, says that "PE isn't my favorite class that I have, but I am going to make the best of it and try and have fun with my friends."