



Marc Yonts

Walla Walla Public Schools Classroom Close-Up



TEACHER NAME: Marc Yonts

SCHOOL: Walla Walla High School

Position: Physical Education Teacher

YEARS IN DISTRICT: 19 years

Q. What are some of the activities in the Strength and Conditioning course?

A. We lift weights two to three days a week and do fitness and conditioning work the other days. I have 30 students in this class and PE teacher Jim Smith has 30 students in his class, so we have about 60 students working out together.

Q. Who can participate in this class?

A. This class is open to all students who have completed introduction to physical education. In this class we encourage students to embrace fitness for life, help students get stronger on all points of movement and prevent injuries.

Q. What other skills do students learn in this course?

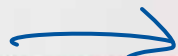
A. In this class students never work by themselves. There is a real sense of teamwork in here. There are always two or three students working together so there is a strong social element to this class. The students are counting on each other to critique their technique and spot them for safety.

It very encouraging to see students who don't know each other well begin working together to help each other. The student-to-student interaction in this class is powerful.

Q. What does this class do for your students' confidence?

A. It's an amazing transformation you witness in here. As the students improve their technique and begin getting stronger and more proficient, it's like a light bulb clicks on and they instantly gain confidence. It's like solving an equation in math or breaking down the elements of a story. Once they begin to figure out what it takes to get better, the gains come more quickly.

Over



MOMENTS & MEMORIES FROM
MARC YONTS' CLASS:



COMMENTS FROM MARC...

We're constantly talking about what we can do to develop the body in its entirety. Rest, nutrition and proper technique are going to add to our improvement. We talk about how doing bad things to the body are detrimental to what we are trying to accomplish.

We're developing habits in here that will help them for life. They learn the importance of taking care of their bodies and developing a strong work ethic.



Many of our students are involved in physical activities outside of school. Strength and conditioning helps students in all activities improve their performance.