



Walla Walla Public Schools Classroom Close-Up



TEACHER NAME: Jesse Briones

SCHOOL: Lincoln High School

Position: PE Teacher

YEARS IN DISTRICT: 34 years

Q. How is the Physical Education program structured at Lincoln?

A. PE is a regular daily class. Students are with me for 50 minutes, five days a week. They earn a PE credit. We follow the state requirements for physical education. We use the Fitnessgram program.

We do fitness twice a week and a variety of activities the other three days – including floor hockey, ping pong, softball, archery, volleyball, and basketball.

Q. How do you teach a PE program without locker rooms?

A. The kids have bought into our program. They wear their street clothes and participate. We are creative with our activities in order to best use the limited facility at Lincoln. We are all pretty sweaty by the end of the class.

Q. Why is the Fitnessgram a good model to use in your program?

A. We do pushups, sit ups and, since we don't have a track, we do a two-mile power walk instead of the mile run. We make it fun and the students excel. The Fitnessgram program promotes healthy living and life-long fitness habits. I also try to expose students to life-long physical activities such as golf and softball.

Q. How does PE help students who are dealing with negativity at home?

A. Many of our kids live with a lot of stress in their lives. We study how Adverse Childhood Experiences (ACEs) impact learning. Our student surveys reveal many of our students have had numerous adverse childhood experiences. I believe fitness helps relieve stress and helps build resilience. Most of our students don't exercise at home so this program is a great place for them to become and remain fit. We change up the routine to keep it interesting and find ways for them to experience success.

Over

MOMENTS & MEMORIES FROM
JESSE'S CLASS:



COMMENTS FROM JESSE...

I started athletics in the 5th grade and participated through college. I had great instructors and coaches. They were the ones who inspired and pushed me to go to college.

Athletics have always been a part of my life. I tell my students they can reach their goals through athletics and fitness.



I always stress the importance of academics. I believe a strong body supports learning. We have great kids who need support and an opportunity to succeed.