



Lindsey Parkins

Walla Walla Public Schools Classroom Close-Up



TEACHER NAME: Lindsey Parkins

SCHOOL: Garrison Middle School

Position: Physical Education Teacher

YEARS IN DISTRICT: 3 years

Q. What are the Physical Education program goals for the year?

A. We want our program to be very goal oriented so students have something to work towards. For example, to set goals to lift more or run faster. We also do “partner fitness” and circuit training. Partner fitness is fun because students can be social by working with a friend, but they still get a good work out.

Q. Why is fitness more important than ever before?

A. In today’s world there is a lot of technology and ways for people to be sedentary. Video games, iPads and the internet are good examples. Our goal is to get kids moving. P.E. is great for helping students build their confidence. They are out of the traditional classroom setting and they are with their peers.

Q. Why are cardiovascular work outs so important for your students?

A. We have two fitness days per week at Garrison and we focus on the “Fit Principle” which is getting the students heart rate up to 60 to 80% of their target. We try to get kids to take their own heart rate and learn how to monitor it so they can stay in the target range during their work outs.

Q. How do you promote exercise and proper nutrition outside of school?

A. I teach the students how to make healthy choices and how to maintain an active lifestyle. We want students to take home activities they have learned in class such as Ultimate Frisbee and tennis.

Even simple things like walking the dog or working around the house are activities that can be incorporated during the summer and after school. We make it fun so kids don’t even realize they are exercising.

Over



**MOMENTS & MEMORIES FROM
LINDSEY'S CLASS:**



COMMENTS FROM LINDSEY...

In sixth grade, we focus on team work and being able to build healthy relationships with other people. The students are working with classmates from different backgrounds and cultures. This interaction helps break down social barriers and fosters friendships.

We play a high cardiovascular game called "Ship Wreck." We convert the gym into a mock ship and then get students running all around. The kids love it.



We are moving away from the traditional team sports to more individual fitness activities. We also teach students about making healthy choices and living an active life.