



Walla Walla Public Schools Classroom Close-Up



TEACHER NAME: Carl Robanske

SCHOOL: Garrison Middle School

Position: Physical Education Teacher

YEARS IN DISTRICT: 4 years

Q. Why is it important for students to have physical activity during the school day?

A. The human body was not meant to sit all day long. The human body was meant to move around and physical education class is a big part of this. We teach our students to commit 30 minutes a day to physical activity.

Q. What are some of the physical activities your students participate in?

A. Each day we start with an entry task to get them active for the first 10 to 15 minutes of class. They can choose from indoor soccer, basketball, volleyball, hula hoop, jump roping and other activities to keep them moving.

Q. How do you prepare them for a life of fitness?

A. We use a circuit program to give them a strong foundation in fitness. We teach them proper stretching exercises. They learn the importance of cardio activities and techniques for core strength development.

Q. What do students learn during the health component of your class?

A. There are several units we cover during health, including: drugs and alcohol, nutrition and fitness, sexual health, and emotional health. Some of the materials are covered during the stretching portion of our physical education classes and some of the units are taught in a classroom setting.

Q. How do you make your class fun so students enjoy exercising?

A. Middle school students are very social, so we try to find activities that link them with other students and their friends. We also give them choices so they can do the activities they enjoy the most. We play contemporary music, laugh and put students in a position to be successful and gain confidence.

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MOMENTS & MEMORIES FROM
CARL ROBANSKE'S CLASS:



COMMENTS FROM CARL...

I encourage families to find physical activities they can do together. Whether it's gardening, riding bikes or walking the dog, they need to make time for physical fitness.

I've seen a lot of disconnect with families over the past few years. It's important for the student's emotional health to have positive family activities.



I like working with the students to show them the proper techniques for physical fitness. I believe it's important for me to model a healthy lifestyle.