We visited Mrs. Staggs’ class in PE. We asked Summer, “What are you learning?” She answered, “We’re learning how to get our heart rate up.” Someone we also asked was Lorelei. We asked her, ”Why is this important to learn about?” She replied, “So that when you are older you can be strong and you will not be weak.” Then we asked Bryce, “Do you like this and why?” He responded, “Yes, I like P.E. because you can exercise and have fun.” Next, we went to go ask Ms. Lhamon some questions. The 1st question we asked her was, “What is the lesson or activity the students are doing?” She answered, “The activity is learning about your heart and then they are going to do a throwing activity.” The 2nd question was, “What is the purpose of the activity?” Ms. Lhamon replied, “The purpose is to increase your heart rate and learn about your heart.” The last question we asked her was, “Do you want to add any comments?” She responded, “It’s nice to see the kids having fun and working their heart.” She also said she liked Tornado Tech. As you can see, exercising is good for you heart and can be fun!

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