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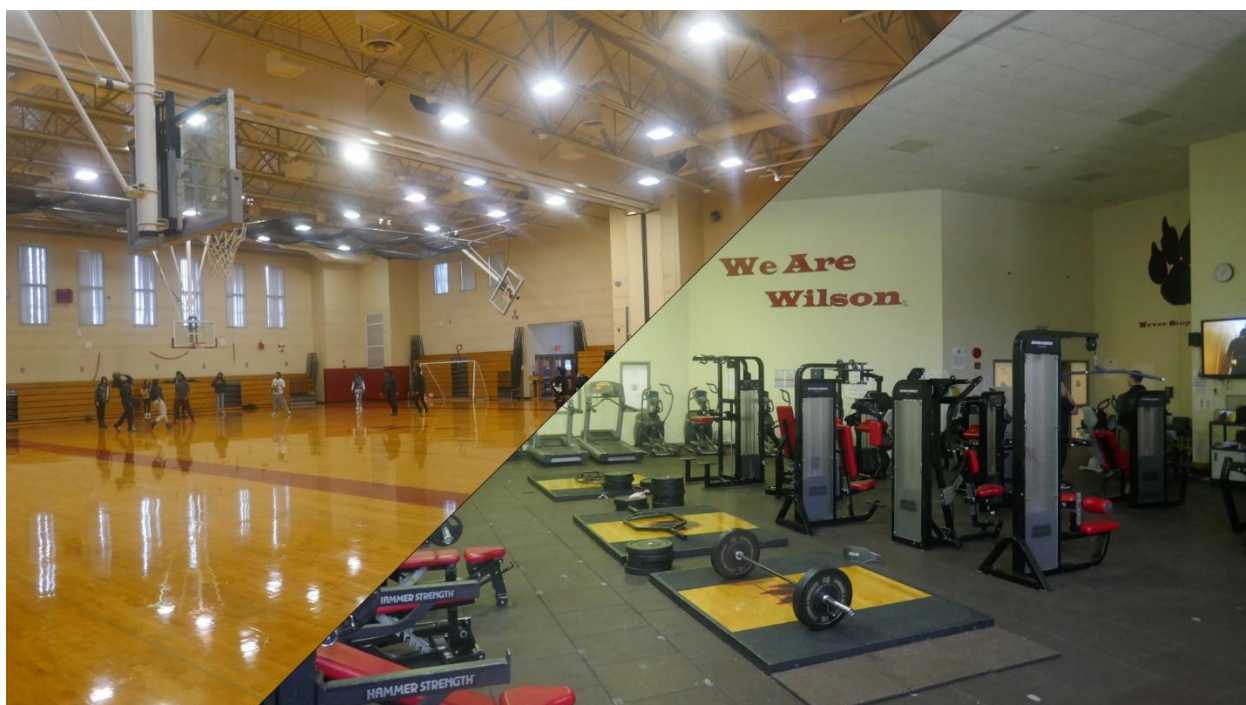
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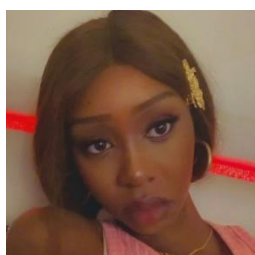
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Just Do It



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Wilson's gym provides a place for teenagers to play and work out. Whether students want to hoop, workout with equipment, or just move around, they are free to choose their own activities as long as they follow the one rule: do something physical.

Physical education teacher Mr. Burns says that the class's goal is to encourage students to stay active.

"Participation is everything," he said. "It's good to try new things out and get moving."

Students don't have to be at the top of a sport to benefit from physical activity. Just being involved is what counts.

For students who don't have the courage to do physical activities, "Your grades will be bad," Mr. Burns jokingly warns them. A statement that surprisingly gets students to get up and get active.

Gym introduces students to activities that they may not have known about – such as the upcoming Spring Sports season. Baseball, softball, outdoor track, tennis, flag football, and golf are some of the sports that will be offered.

Mr. Meise, teacher and golf coach here at Wilson, says, "Students have plenty of opportunities to join any team that may interest them."

And Mr. Burns encourages students to use the gym as a place to prepare and build confidence before the season officially begins.

Overall, Wilson's gym activities offer a space that combines freedom, fun, and structure. Being free is what helps everyone develop physically and mentally.

Gym class at Wilson allows students to explore new hobbies and be social in a supportive environment that lets them move at their own pace.