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Student Reporter

In P.E. this year, we have a new teacher, Coach Maddux. He is also a football coach at the high school. Maddux is our defensive coordinator and he coaches our running backs, quarterbacks and linebackers.

Maddux really believes in physical fitness, which is shown by his workout plan. His plan consists of crunches, push-ups, squats, wall squats, cross-country, suicides and more. He came up with these excruciating workouts by using what he's learned from working out for 20 years. This now makes P.E. a challenging class. He makes it this way because he believes students that don't play organized sports should have a chance to be active and aware of sports and activities. After you give it all on workout day, then you can have fun and do your best on game day. His schedule is set up with two workout days and two game days. The games we play are Wiffle ball, kick ball, jail ball, soccer, flicker ball, basketball and more. He chooses this wide variety of games so his students will not become bored. He believes it should be fun but you need to work hard and give your best just like any other class.

We need to watch how we eat and our exercise habits because more and more people are starting to become obese. Maddux believes the main reason for obesity is lack of knowledge about becoming and staying fit, and lack of motivation. It's his goal to have the motivation to stay healthy throughout life.