



Graphic by: Reina Torres/Visionary

PE reform: It's good for your health

Staff editorial

We've all had a hard time in gym class at least once in our life.

"When I first started gym class I could barely lift the 10 pound dumbbells," said

freshman Connor Lopp.

This is one of many problems students may encounter. That may have only been 10 minutes while trying to learn a new lift, or it could have been the entire semester. Sometimes no matter how hard we try, we just can't do any better. Some people are the ones with the 10 minute problem. Pause for a minute and think about what it would be like to have that for an entire semester. Not fair, is it?

On the other hand, some people, such as athletes, find gym too easy. To fix this problem

we should specialize gym class. Have one for athletes and one for those who are not athletically inclined. We know we don't have enough money or enough teachers, but there are already elective gym classes. Why not offer elective classes first rather than making students take beginning P.E.? The elective P.E. teachers are already there, and so is the funding.

This eliminates an extra class, and also leaves room for a beginner class. This class would be easier than beginning P.E. used to be, and focus more on training students to meet the criteria rather than expecting them to meet it from day one. Specializing it this way focuses more on student health rather than putting checks in boxes.

After all, isn't that what gym is for? It's supposed to make us healthier, not affect our GPA.