



**“Physical Education is important because being fit is important.”**  
**— Coach Driggers**

## P.E. Department — Feeling Fit

Physical Education classes included more than just exercising. The instruction in the care and development of the body, weight training, and athletic games were also a part of the program. The new addition to the P.E. department was a comprehensive health class, a course required by state law.

Recently students have become more aware of the advantages of P.E. as a required class.

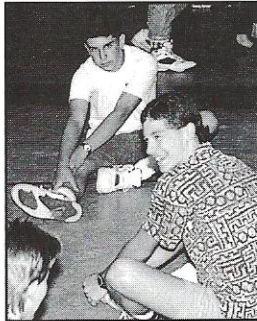
“P.E. helped students to become aware of sports and physical fitness,” said first year teacher Frederick Williams. “It also lets them know more about what they can really do that they probably would not have known about if they hadn’t taken P.E.”

The goal of the P.E. department is to have every student pass a Physical Fitness Test at the end of the year.

— Sara Harley



**Tamika Singleton performs a perfect slam dunk during P.E. class.**



**Stephen McMillan and Marty Brown do a routine stretch before going into the weight room.**

Senior Keisha Pinckney works in Mr. Wills’ computer science class. Keisha attended Governor’s School for Academics.

Thinking about an answer to a question at Academic Team practice is Scott Walls. Scott attended Palmetto Boys’ State.

