



Walla Walla Public Schools Classroom Close-Up



TEACHER NAME: Donna Morris

SCHOOL: Pioneer Middle School

Position: Physical Education teacher

YEARS IN DISTRICT: 5 years

Q. What are some of the activities you do in middle school Physical Education?

A. Students have PE five days a week. There are several different team sports we do throughout the year, including ultimate football, soccer, pickleball, softball, and archery. We do team sports three days a week and individual fitness goals twice a week. Fitness days include running and circuit training. During the winter months we have facility challenges that limit the types of activities that we can do.

Q. Why is it important for students to have physical education?

A. Physical fitness improves their ability to learn. Students need to get up and move around. It is good from them to go outside and get fresh air. The goal for me as a teacher is to leave these kids with an experience where they feel they can do something regardless of their individual fitness level. I really focus on lifetime fitness so they can connect what they are doing now with what they are going to be doing the rest of their lives.

Q. Why do you have uniforms for Physical Education?

A. It has been a long standing tradition to wear red and white uniforms for PE. We went away from this practice for a while and it became abundantly clear we lost a lot of instructional time.

Often students' clothes were not appropriate for PE or they would forget them, so last year we brought back the uniforms. We have a lot less discipline issues. We have a "loaner" clothes program so students who forget their uniform always have a set ready for them. Uniforms have had a profound positive impact on the overall program.

Over 

MOMENTS & MEMORIES
On our fitness days we will take all of the students through a 20 station work out. Students do sit-ups, push-ups, lunges, wall sits, dips, and more. We develop core strength and muscular tone.



COMMENTS FROM DONNA:
With approximately 675 students, the facility limitations are significant. We only have one gym so we have limited instructional spaces. It's a scramble, but we are resilient and creative.

I grew up south of Portland in West Linn. I went to Western Oregon State College and played basketball.



My husband is the Deputy Chief of the WW Fire Department. We have lived in WW for 23 years and our two kids went through WWPS. They are both active duty military now.