

IN THE MIDDLE:

Wellness at Krueger not your typical gym class

By Sierra Naddif

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Gym class. Something that all of us have experienced during our school years. I don't know about you, but running a mile isn't my type of fun.

In your gym class, did you ever get the chance to be taught how to properly shoot an arrow? Or have you been taught to cast a line to catch fish? Well, here's the thing; unlike other gym curriculums, at Krueger Middle School, you get to be taught how to do both of these activities by Mrs. Ackerson and Mrs. Firnhaber. Mrs. Ackerson attended a class to be certified to teach these activities from NASP — an archery organization — and from Go Fish IN.

Have you ever wondered what it was like to shoot an arrow? Well, at Krueger, it is actually made possible to feel like a duplicate of Katniss Everdeen. Every year for about a week or so of our wellness class, we are taught how to shoot an arrow. For the first two or so days, we are taught the parts of the bow and the parts of the arrow. Once we all understand the parts of them both, we are taught how to shoot an arrow.

After all of those long instructions, we are then taught how to shoot the arrow at a far and close target. Honestly, for me, this activity is extremely fun. Plus, it's a great privilege to have other than to play the basic games such as basketball and soccer. The archery lesson that we get teaches skill and concentration. That's probably why I love it so much. Mrs. Ackerson's goal for archery is to, in the future, start shooting outdoors. While teaching the archery activity, she allows us students to shoot for points. While we shoot for points, she grades us on technique and our ability to follow the procedures to shoot.

Not only do KMS Colts learn archery, but there is also a fishing lesson. The same as archery, it is about a week in length. For this fishing lesson, students work through many activities that teach us not only how to fish but how to prepare to fish as well. First off, before any of the fishing starts, the teacher



instructs us about the different parts of the hook and of the fishing rod so that we have a little background information to start with.

After all of the information and a worksheet or two that goes along with it, we are taught about knots. We are given a rope for a good visual, and once that concept is out of the

way, we are given actual fishing line and knot it around a neon orange plastic fish.

Anyway, away from the plastic fish, we are next taught how to properly cast a line. After casting, we tote all of our gear outside to a big patch of grass near the front of the school. The teacher places the colorful plastic fish around the grass, and our goal is to "catch" them. She teaches us how to cast into hoops, how to aim for the plastic fish, and how to play games like, "Backyard Bass."

She teaches us how to identify fish and how to identify parts of the rod of the fishing pole. Her goal for this activity is to — in the future — fish with students in an actual pond. Mrs. Ackerson states that, "even kids who aren't athletic can succeed." And KMS has made sure that's true!

The gist of my point is that our wellness curriculum is different from many other schools. It's not just gym class any more. I mean, would you reject the chance to learn archery and to fish during school? I don't know about you, but I wouldn't!

Sierra Naddif is a student at Krueger Middle School. In the Middle is a regular column produced by MCAS middle school students.