P.E. at HGS is a Horse of a Different Color

Our late winter PE classes included ice skating, weight training, bowling, and indoor climbing. The emphasis of this session was on lifetime fitness and recreation — finding healthy activities that our students can enjoy throughout their lives.

In mid-afternoon on Thursdays, our students had the rink to themselves, and even got to choose the music! While some students skated, others worked out in the weight room.

Our PE climbing class had another great season. From climbing 2008-2009 beginners to experienced climbers, all of our students gained strength and confidence over their 10 sessions at Sportrock climbing gym. With guidance from Addie, who recently started a non-profit dedicated to helping injured vets and others get into or back into climbing, our kids belayed, climbed and traversed at all levels, and had a wonderful time doing it.

Assateague Island Trip

Our camping trip to Assateague was a wonderful way to wrap-up the year. The setting was pristine and the weather was beautiful. Our tents survived the wind and we were able to fend off wild Assateague horses as they attempted to steal our lunch (they did get away with the cheese).

With workshops on ocean ecology, the history of bird hunting on the Chesapeake, a math lesson on the beach, and a reflections on the year seminar in English, our students continued our tradition of learning wherever they are.

We worked together to set up camp, cook our meals and clean up. But there was still lots of time to play on the beach, swim at the life guard tents station, and hang out. Altogether, a great trip with a great group!

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hands-on learning through environmental science and the arts
Building Boats While Getting Acquainted

Every year, during the first week of school, students and teachers work together to build a boat. The students take apart their own boat and rebuild it. The teachers guide the students in the rebuilding process. The students work together throughout the year, building and problem-solving, leading to the building of the final product.