



Meet Coach Smith!

Hi, my name is Coach Lonnie Smith. I'm the Physical Education teacher at Forest Park Elementary. I've been at Forest Park for 9 years. My goal for Physical Education is to teach students the importance of being physically fit while having fun at the same time. I graduated from U of AR at Monticello with a BA in Physical Education, and have a Master's Degree in Education. My coaching experiences have also led me to coach football for nine years grade levels 4-12.

Physical Education is not just free recess here. Forest Park's mission in Physical Education is to educate students on the benefits of having a healthy lifestyle through proper exercise and a well-balanced diet. All lesson plans are taken from the Arkansas Department of Education Physical Education and Health Frameworks, SPARK (sports, play, & active recreation for kids) Frameworks, and the Arkansas Athletics Association. These lesson plans provide a variety of games and fundamental exercises that will challenge the students physically and mentally. These lessons are fun and entertaining for our students.

The obesity rate for adults and teenagers in America has more than doubled in the last decade. By placing a huge emphasis on Physical Education Forest Park's students understand it's a choice to have healthy life. By having an effective Physical Education Department our students have the opportunity to make that choice.