



I am Melanie Henage. I teach physical education K-6 and CTE at Freedom Academy. I graduated with a Bachelor's degree from Brigham Young University in December 2008 in physical education with a minor in family life.

I love being active and having fun. I love all activities, but some of my favorites are: ultimate Frisbee, Frisbee golf, golf, skiing, wakeboarding, wakesurfing, slalom skiing, basketball, soccer, and racquetball.

I enjoy scrapbooking, cooking, crocheting, editing photos, and creating. I also love playing the piano and the oboe. My favorite book is Mistborn. My husband and I are in the process of starting our own company making Freezer Jam. It's so yummy!

My favorite foods are BBQ corn on the cob and mashed potatoes with gravy. We have a fabulous ice cream maker, so I LOVE homemade vanilla ice cream. My other favorite dessert is my great-grandmother's homemade peach pie – it's melt in your mouth delicious!!!

My goals for my students are:

- 1- Students find joy and desire to be physically active both in class and outside of class
- 2- Students discover at least one activity they love that they could continue doing throughout their lives
- 3- Students learn and know the importance of physical activity and personal wellness