

Middle School Physical Education Teacher of the Year

Holly Winfrey

Sacred Heart School, Cullman, Alabama

Holly Winfrey received her degree from Athens State University and has been teaching physical education at Sacred Heart School since 2007 and has grown their program significantly. In 2019, she received the Be Healthy grant from Blue Cross and Blue Shield to improve activity opportunities for her students. In 2015, she started an Archery program at her school which opened the doors to have an archery team. In 2017, she was able to become part of the HEAL United team to have more opportunity to teach health and physical activity to her students. Her principal states that *“Holly is constantly seeking out creative activities and games that motivate the students to want to participate. The activities she chooses are fun and she changes things up so it is always fresh for the students”*.