

# PBCCS PE News

January 2020

This month students will participate in Hockey and Basketball!



## Hockey: Students will learn-

- Rules and safety expectations.
- How to Grip the hockey stick.
- The skills of dribbling, passing, and shooting.
- How to play defense and goalie.

## Basketball: Student will learn-

- Rules and safety expectations.
- The skills of dribbling, passing, and shooting.
- How to play defense.

In both units students will continue to learn and practice strategy, teamwork and sportsmanship.

The 36th Annual PBCCS Exercise-a-Thon is coming up. Students will exercise to promote physical activity, and to raise money for school enrichment. Please help support the PBCCS Community. Prizes will be award based on the money students raise. The class that raises the most money earns a special activity related field trip.

## Fitness Events

Outdoor Ice Skating Redmond

Monday-Thursday 3:00-9:00pm

Friday-Sunday 2:00-9:00pm

Interpretative Snow Shoe Tour

Weekends @ Mt. Bachelor

10:00am – 1:30pm

Polar Bear 5k/10k Run/walk

Redmond Oregon

1/11/2020 10:30am

