

# P.E. NEWS

November 2018

Basketball Skills  
Camp  
November 19  
9:00-12:00  
Ochoco Grade  
School

Happy Healthy  
Hearts program  
gives financial help  
so families in CC  
can participate in  
recreational  
activities

Redmond Turkey Trot  
5k & 10K.  
9:00am  
Deschutes county fair  
and Expo Center

Students will participate in the following fitness tests:

- Push-ups
- Sit-ups
- Pacer run
- Sit reach flexibility
- Pull-ups
- Jump reach



Students will compare their results to the pre-test. They will revisit and modify their fitness goals based on the results.

Students will start the badminton unit where they will learn the following objectives:

- The objective and rules for the game
- Grip, stance, and footwork
- Forehand, backhand, smash, and lob shots
- Badminton Serve

