

P.E. NEWS

November 2019

CORK Hot
Chocolate Run

1.

Bend Oregon
11 10, 2019
9:00 am

RISE Tactical
Challenge.

Bend Oregon
11 17, 2019
8:00am

Redmond Turkey Trot
5k, 10k, and kids free
1k.

Redmond Oregon
11 28, 2019
9:00 am

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

