Welcome to PBCCS PE, Hawk families! My name is Mr. Smith, and I am excited to be your P.E. teacher for the 2019-2020 school year. This will be my 6th year teaching PE. I also coach football and wrestling at Crook County High School. We are going to have a great year packed full of fun and fitness!

In September we will focus on the following activities:

- Daily procedures, class rules and safety expectations.
- Fitness pre-testing in the following areas:
  - The pacer 20 m run test for cardio endurance.
  - Pushups, sit ups, and pull ups for muscular strength.
  - The sit and reach test to measure flexibility.
- Leadership and cooperative games focusing on the skills of teamwork and sportsmanship.
- Football unit focused on learning rules, skills and strategy.

Remember PE Attire:
All students need to wear tennis shoes!
Middle school students are required to dress down in athletic attire.

Events

Beat Beethoven’s 5th fun run/walk.
9/8/2019 at 9:00 am
Bend Oregon.

Crush Cancer 5k, 10k, & half Marathon.
9/14/2019 at 9:00 am
Terrebonne Oregon

Great Harvest Challenge Obstacle Race.
9/28/2019 at 8:00 am
Terrebonne Oregon