PHYSICAL EDUCATION





Jump shot!
Students practicing basketball skills!





Mr. Amorillo's Physical Education

Whats Going on! Happy New Year 2020 Vision, Basketball Unit

I hope everyone had a relaxing break, before the end of 2019 7th grade was finishing its last FitnessGram Pre test before we start testing for the **OFFICIAL FITNESSGRAM**
We will be starting the New Year in our Basketball unit! Practicing; Dribbling, Passing and offensive and defensive strategies. **Fitness Focus: Upper body strength PUSH UPS!** Please help encourage a healthy and active lifestyle! Practice push ups or planks at home. Ask about your son or daughters daily workouts they perform in class! *** **IF STUDENT MISSES MILE THEY NEED TO MAKE IT UP OR TO EARN POINTS!!!**

Pic: Modified Push up Practice: 3 sets of 10 3 times a week!







