

## MCHS October 2022 Physical Education Newsletter

The McDonald County Physical Education Department has been incorporating rigorous work-outs with the addition of the Girls and Boys Fitness classes that are new courses offered in the PE department led by Coach Crane for the Girls Fitness class and Coach Joines leading the Boys Fitness class. The Fitness classes are offered to students who are wanting to challenge themselves with an increase in cardio and strength building in a setting that applies to students who are not involved in MCHS athletics. Other news, in Lifetime Sports and Adaptive PE, Coach Factor's students are finishing up on a kickball and wiffleball unit and then switched over to volleyball and spikeball.

