

Meet your **PE+** Coaches!

PE+ provides physical education classes 2 days per week for grades K-5, plus recess/lunch activities and support, at 10 school sites in Redwood City School District, reaching over 5000 students per year.



Jose NAVA, HEAD COACH

Jose is coming into his second year with PE+. He has a very extensive background playing soccer. He played for six years (U10-U16). Jose has worked for a long time as a coach and youth mentor. He has coached summer programs for PE+ and summer soccer camps. His favorite sport is soccer.



Sam LIOTTI, COACH

Sam is entering his first year with PE+. Sam played basketball, football, and track & field through high school. He has spent summers working at sports camps with youth. Sam's favorite sports are football and baseball because he grew up watching them with his family.



Jose CAMACHO, COACH

Jose is going into his second year with PE+. Jose has practiced fitness his whole life and has played basketball competitively for 8 years. He has coached with the Boys and Girls Club and the KIP Program. His favorite sport is basketball.



Scott MACKENZIE, COACH

Scott is in his second year with PE+. Scott played basketball through all four years of high school. He has returned to his middle school to help out in their after school program. Scott's favorite sport is basketball because he grew up playing it.

Modules include:

- Movement + Throwing
- Parachute + Balance
- Basketball
- Culture Games
- Handball
- Soccer
- Frisbee
- Jump Rope
- Hockey
- Football

Standards-based classes include Warm-up, Skill Instruction, Sport Instruction and Nutrition/Health Huddle.

PE+ is a strategic **Healthy Schools Initiative** partnership project between **Redwood City Parks, Recreation and Community Services** and **Peninsula Community Center**.

