

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.



Heather ALLEN, HEAD COACH

Heather is in her third year with PE+. She achieved her Bachelor's Degree in Illustration from the Academy of Art University in San Francisco. Her coaching background includes: Head Coach for Encore Volleyball Club, head JV Coach at Notre Dame High School, volunteer Strength and Conditioning Coach at Serra High School, and a team leader at Camp Galileo.



Tony ALVAREZ, COACH

Tony is entering his third year with PE+. Tony grew up playing basketball for various teams. He has worked for three years with After School Care at PCC and currently attends school at Canada College. Tony's favorite sport is football, because it teaches coordination.



Joshua HOLMAN, COACH

Josh is entering his first year with PE+. Josh has played a wide array of sports, including football, basketball, baseball, and track & field. He spends his summer coaching basketball camps. Josh's favorite sport is football because he enjoys contact sports.



Tommy COOK, COACH

Tommy is in his second year with PE+. Growing up he played football, basketball, and track & field. Tommy helps with San Mateo Outdoor Education as a Cabin Leader, and has won Cabin Leader of the Year. His favorite sports are football and basketball.

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**.

