



## ***North Mac H.S. Fitness P.E. Syllabus***

### ***BE ELITE!***

1. Respect self, each other and equipment. Treat the equipment as if you own it!
2. Come ready to work! Being elite is not easy!
3. Wear proper attire. PE clothes for sale (\$5.00 shirt / \$5.00 shorts). Any North Mac shirt is acceptable with athletic bottoms (shorts/sweat pants/etc...). We will go outside for warm-up/speed agility training as often as possible with the weather, DRESS APPROPRIATELY!

### ***SAFETY***

1. Know your surroundings, be aware of others as they are performing each lift/exercise.
2. Use proper technique! Quality movement of weight is of much higher priority than the amount of weight. Perform lifts/exercises as instructed by Coach Howard.
3. Use Clips and other safety accessories as Coach Howard instructs.

### ***GRADING***

1. Each day is worth 10 points. Proper dress, effort, and attitude throughout warm-ups will be used in evaluating each student's grade.

### ***PHONES***

1. Phones will not be out during the training. Will be needed sometimes to figure percentages on main lifts but should be put away immediately following using calculator!
2. Act like an adult, do not make them a distraction.

### ***TRACKS***

**Track 1 – Football/Basketball/Wrestling/T&F (Sprinters-Throwers)**

**Track 2 – Baseball/Softball/Volleyball/Golf**

**Track 3 – General Wellness/X-C/Soccer/Cheer/T&F (Distance)**

- Each Track will have separate programming designed to give the student best chance of success in specific sport/activity. All tracks will do the same warm-up / SAQ training.