

Sports Training

PE/Health

Grade(s) 10th - 12th, Duration 1 Se

Electiv

Description

Sports Training is a class designed specifically for athletes. The focus of the class is skill development, agility, and power. The split days between agility drills, plyometric drills or weight training, and skill development days. Students will learn what agility difference between power and force, and how this is all beneficial to athletic performance. Students will be assessed in the b of the semester, mid-semester, and at the end of the semester on various speed, agility, and power assessments.

Scope And Sequence

Timeframe	Unit	Instructional Topics
Ongoing	Agility Training	

Materials and Resources

Various Handouts, Agility Ladders, Cones, Jump, Ropes, Medicine Balls, Basketballs, Volleyballs, Wrestling, Mats, NYO Equipment, Re: Balls, Tennis Balls, Videos, www.stack.com

Prerequisite (What do you need to take before this)

Students must have had Health/Wellness prior to participating in Sports Training.

Location

Gym

Course Details

Unit: Agility Training

Duration

Description

Generally, agility can be defined by the ability to explosively start, decelerate, change direction, and accelerate again quickly while m body control and minimizing a reduction in speed. www.performbetter.com

Essential Questions

- What is agility?
- How is becoming more agile beneficial to my sport?
- What are some drills a person can perform to improve their agility?

Assessments

Students will be timed in specific agility drills 3 times throughout this course.

Knowledge Skills linked to Power St: