

## AHJS PRE-ATHLETIC SYLLABUS 2018-19

Pre-Athletics is designed to provide students with the knowledge and skills to prepare them for the team sports they will play in 7<sup>th</sup> and 8<sup>th</sup> grade in and outside of school and beyond. This class will also equip the students with good physical health habits as they grow. The activities will be centered on our schools' team sports (volleyball, basketball, soccer and track) as well as overall fitness, strength, agility, speed and endurance. Students will engage in more advanced activities that develop cardiovascular endurance, muscular strength, and flexibility. The class will focus on working in groups to accomplish goals in both cooperative and competitive settings. Students will begin to find lifelong fitness activities and nutrition, that fit their individual needs. This class will focus on teaching them how to utilize the skills they learn to be successful not only in sports, but in leading healthy lifestyles.

The main focus of the pre-athletics program is to provide students with a preview of upcoming UIL sports which they will be eligible to participate in next year. The pre-athletic classes teach values that include: sportsmanship, responsibility, leadership, participation within rules, performing under pressure, physical well-being and team work.

### Goals:

- To be educated in the principles of fitness.
- To demonstrate improvement in the skills taught and become better at each sport covered.
- To fully participate in all the activities provided and demonstrate skill and knowledge for each sport covered.
- To learn TEAMWORK and how to be a good teammate.
- To exhibit positive attitudes and accept differences in others while offering encouragement to all.
- To learn the basic fundamentals of the main sports offered at AHJS.
- To learn how to exercise, eat healthy and use strength training to promote lifelong health.
- Get 1% better each day.

### Parent/doctor's notes:

- A parent note allows a parent to request a modification to student participation for a maximum of three days. A doctor's

note is required for non-participation or modifications to participation for longer than three days. (Please include parent home or work number on note as well as date). Students must still dress out if physically able to do so to receive their points for dressing out.

- Student may be required to complete written or alternative assignments in order to earn the day's participation points.

#### **Absences**

- Like all other classes, students are responsible for making up their absences by doing an alternative assignment. Full credit will not be given until each absence is made-up. Each student has the nine week's time to make up any day they were absent within that cycle. One MULE for each absence.

#### **Grades:**

Students will receive their grades based on 50% for participation (which may include sports knowledge or skills tests) and 50% for preparation, being coachable, warming up/cooling down and dressing for activity.

- Skill & written test will be given during each unit to monitor student's development and progress and to improve instruction.
- Dress code must meet these requirements:
  - All Pre-Athletic students are required to dress out each day.
  - The uniform is available to purchase (blue shirt and black shorts with AH logo)
  - Court or running shoes are required
  - Hair must be pulled back (out of face)
  - No Jewelry (rings, watches, earrings, anklets, bracelets, etc.)

Each time a student fails to participate *fully* or dress out *using the above requirements*, they will lose points from their weekly preparation grade.

#### **Lockers:**

- Students will be issued a locker-this will be your personal space.
- The school is not responsible for lost or stolen items. It is the student's responsibility to lock up personal items in their assigned locker.

#### FITNESSGRAM TESTING:

- Students will participate in *Fitness Gram* Testing to evaluate their level of fitness throughout the year. The students are tested in the following areas: Pacer run - tests aerobic capacity, curl ups (sit ups) - tests abdominal strength and endurance, 90-degree push-ups - tests upper body strength and endurance and Trunk extensor - tests the strength and flexibility of the trunk. All test will be practiced during the year and one official test will be administered during each semester. Each test should be performed to the student's best ability. The student is expected to improve or maintain their previous best time/score.

The main focus of Pre-Athletics will be improving the student's skills in the sports of Volleyball, Basketball, Soccer and Track and Field. We will also focus on giving the students an athletic base that will include strength training with various resistance equipment and overall conditioning.

If you have any questions about our class, please ask. We are here to help our students. We are interested in our students and want to provide a good pre-athletics program for them. We feel that these rules will bring better results in our classes and will promote PERSONAL & SCHOOL PRIDE in our student athletes.

A block schedule is attached but is subject to change.

Please contact me if you have any questions or concerns.

Thank you,

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