

# **Bedford High School**

*Department of Physical Education and Health*

Ms. Jackie Supprise, Program Director

Mr. Jim Byrnes, Instructor

James\_Byrnes@Bedford.k12.ma.us

## **Course: # 09251 All Grades Cross Training**

### **Course Description**

The course is a 21<sup>st</sup> century approach to fitness training. A program to improve overall athleticism, speed, quickness, strength, power and balance. Plus recreational, individual and team activities.

### **Performance Objectives** – each student will:

- To complete their own pre assessment in 10yd, 40yd, dash and vertical leap
- To demonstrate the ability to improve balance, agility, and coordination
- To demonstrate the ability to improve speed, quickness, and jumping
- To demonstrate the ability to improve muscular strength and endurance.
- To demonstrate the ability to improve flexibility.
- To understand the Principals of training
- To utilize technology in assisting in their own fitness development.
- To complete their own post assessment in 10yd, 40yd, dash and vertical leap

### **Learning Experiences**

- develop a condition routine.
- participate in cooperative activities to develop team building & problem solving ability
- participate in a variety of physical activities to enhance their personal athleticism
- complete a final personal cross training program

### **Course Evaluation**

- |                                |     |
|--------------------------------|-----|
| • Class Participation          | 60% |
| • Project                      | 20% |
| • Quizzes/In-class assignments | 10% |
| • Final                        | 20% |

### **Course Materials**

- Proper Attire for Participation (t-shirts, sweats, shorts, athletic footwear)
- Handouts, Fitness Room Logs