**Weights and Plyometrics – Sheridan HS**

**Insturctor: Ed Burke**

**Course Description:**

Weights and plyometrics is a class designed to improve a student’s overall level of strength, agility, athletic ability, and fitness. In this course, two days a week will be spent in the weight room working on core lifts: bench-press, squats, incline press, box squats, and power cleans.

The other two days a week will be spent primarily in the gym working on various plyometric drills such as box jumps, agility ladder work, and medicine ball drills.

Time will be available each day for work on auxiliary lifts.

**Classroom Expectations:**

Students will be expected to dress out with proper footwear, and to work hard for the duration of the class.

**Grading:**

Grading in weights and plyometrics is much more subjective then in regular classroom subjects like math. Providing students dress out, participate fully, show respect to the teacher as well as to classmates, they will receive a good grade.

**Portfolio:**

Student portfolio projects will include the Presidents Fitness Test first quarter. Second and third quarter projects will be a reflective piece on an activity from class. Fourth quarter students will reflect on their performance in measuring their total power ranking.