



SPORTS PERFORMANCE 9 - WH Croxford **Q1 – Sept. 8 – Oct. 30, 2020**

Mr. Goldie

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P4-GYM

Congratulations on choosing Sports Performance 9 as your option this term! You have the opportunity to increase your athletic capacity, knowledge and skills, and to improve at whichever sport(s) you are passionate about.

This course is designed for athletic and hard-working people only, so be prepared to work! You will sweat, you will be sore, and you will push your limits at times. But if you work hard and are open to learning, you will absolutely improve your sport performance.

This course will have multiple aspects that are designed to increase your knowledge of how to train and develop your abilities:

CLASSROOM TOPICS (to be discussed in class and applied in the training center and while playing sports):

- Sports specific nutrition
- Sports psychology
- Goal setting
- Heart Rate awareness and monitoring

TRAINING CENTER FOCUS (to be implemented safely and within each person's ability level)

- Cardiovascular (aerobic) health: *increasing endurance, blood and oxygen flow, reducing fat, decreasing recovery time, etc.*
- Strength Training: *building muscle, improving functional and sport specific performance, reducing injury risk*
- Speed & Agility: *increase performance, get quicker and faster*
- Flexibility: *dynamic and static stretching, increasing range of motion, increasing performance, reducing injury risk*
- Balance & Core: *increasing sport performance, stability, reducing injury risk*

SPORTS FOCUS (to be implemented when we play a variety of sports)

- Implementing classroom and training center concepts into sport

SCHEDULE:

- We will alternate between the classroom, training center and gym/field, based on the weather, availability, and the needs of our program. Please be flexible and be prepared for any location each day. I will do my best to give you at least a day warning in advance.

MATERIALS NEEDED:

- Classroom: mask, computer/POD, water bottle, pen/pencil
- Training Center/Sports: running/training shoes, athletic clothing, water bottle

ASSESSMENT:

Your grade will be a combination of classroom assignments, effort and participation during training center and sports days, and implementing what we learn in class to your performance.

DIGITAL PLATFORM

We will use Google Classroom for our course materials, assignments, and learning. Parents are welcome to join our google classroom to stay updated.

Google Classroom Code:

- qsfj44f

Marks will be updated regularly on Powerschool. Please check periodically to ensure that your child is keeping up. I will send one email to parents for any missing or late assignments.

Thanks, and let's have a great year!

Mr. Goldie

