

FORBES MIDDLE SCHOOL
6TH GRADE BOYS PRE-ATHLETICS

Welcome to pre-athletics at Forbes Middle School. This goal of this class is to prepare students for athletics and to participate in sports offered at FMS including football, basketball, soccer, and track. There will also be an emphasis on overall athletic development to include speed and agility work and introduce aspects of resistance training. To do this effectively we will split the year into several phases while also breaking the week into different aspects of athletic development.

For example, here would be an average week during our football unit:

Monday—individual offensive skill, break into positions and work fundamentals

Tuesday—agility and conditioning, focus on speed development, form running, change of direction

Wednesday—individual defensive skill, position-based stance and alignment

Thursday—strength and resistance training, introduce basic resistance bodyweight exercises with emphasis on form, introduce weighted movements and lifts with PVC piping or dumbbells

Friday—football fundamental development

Grading--Grading will be based on combination of dressing out, participation, and attendance. Students will not be marked down because of a lack of skill or ability in a particular activity.

Students in 6th grade boys pre-athletics will be required to:

- Purchase a PE uniform (\$25)
 - More than 1 uniform may be purchased if desired.
- Uniforms can be purchased from Georgetown T-shirt Company or from the coaches
- Will need to provide a combination lock for their locker (can NOT be a key lock)
- Have cleats for field work, as well as shoes to be worn in the gym and weight room
- Have hygiene products on hand and are encouraged but not required to shower after workouts
- Wash laundry at home every Friday, or more often as desired

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