



**GRADE 12**

## **Football 12**

### **SD23 Central Okanagan**

This course is designed for students wanting to develop football-specific knowledge, fitness & skills. Students will engage in football-specific conditioning programs such as plyometrics, interval training, sprinting, & weight training. Physical components of the course will include speed, agility, weight training & quickness in addition to football-specific movements & techniques. Special emphasis will be placed on individual skill development, teamwork & training programs (cont'd on Add'l Info)

---

**Credits:** 4

**Approval Date:** Feb 2022

---

**Hours:** 120

**Trax Code:** YLRA

---

## GOALS AND RATIONALE

Football 12 is offered to provide diverse athletic choices to the students in Central Okanagan Public Schools. The course goal is to enhance a student's understanding of the sport, & confidence & self-esteem through individual football skills. The course is also designed to promote work habits that foster athletic & academic excellence & provide the opportunity for students to create horizontal connections between the two. The class is open to players of all genders. Physical, mental, & emotiona

---

## BIG IDEAS

Technical skills: advanced ball handling (fakes & option), kicking, punting, blocking, tackling, & route running. Tactical skills: utilizing multiple offensive & defensive systems. Healthy lifestyle: living life with proper nutrition, sleep, exercise, & hydration. Personal growth: how to be a leader in your environment, cooperation with others in group settings, communicating effectively & mutual respect for others around you will help to build a positive community around you.

---

## ADDITIONAL INFORMATION

cont'd from Course Synopsis: that best meet the needs of the individual students. In addition, Football 12 will seek to utilize film-analysis through Hudl software to have players reflect on their performance as well as study potential opponents.