

# Recommended Physical Education Classes

## For Canton Chief Football Players

<b>Grade</b>	<b>Semester 1</b>	<b>Semester 2</b>
9th	Personal Fitness .5 credits or	Or Personal Fitness .5 Credits
10th		Football Techniques— 6th hour Course # 10071
11th	Advanced Football – 6th Hour Course # 10035	Football Techniques- 6th Hour Course # 10071
12th	Advanced Football—6th Hour Course # 10035	

Personal Fitness can be taken either Semester 1 Or 2 in 9th grade.

First Semester's Football Class is primarily for game preparation. Film study and chalk talk. Critical for Offensive Linemen and entire Defense personnel.

Second Semester's Football Class is strength training, plyometrics, and speed development. If you are going to be a 2 or 3 sport athlete at Canton, it is critical that you be in this class! Every Varsity player should try to take this class.

Coach Tim Baechler