



McDonald Junior High School



6th Grade Pre-Athletics Class

Purpose: The McDonald Junior High Pre-Athletic Class is a Physical Education class which is designed to prepare 6th grade students for the McDonald Junior High School Athletic Program in the 7th grade. Students choosing to participate in Pre-Athletics should anticipate daily workouts during the class period that are significantly more physical and mentally demanding than what they may experience in a regular P.E. class. Students will focus on athletic conditioning, strength and agility. The Pre-Athletic class will also focus on sports in-season at the time; ex: Volleyball, Basketball, Track, Tennis, and Soccer. Students will learn skills, drills and rules for those sports as well.

If you are interested in the Pre-Athletics class please fill out the following information and return to your P.E. teacher.

****** DUE MAY 7th ******

NAME OF STUDENT (PLEASE PRINT)

STUDENT ID # _____

CURRENT SCHOOL _____

PHYSICAL LIMITATIONS: YES _____ NO _____

IF YOU CHECKED YES, PLEASE DESCRIBE LIMITATIONS IN THE SPACE PROVIDED: _____

STUDENT SIGNATURE:

PARENT/GUARDIAN:

DATE: _____

E-MAIL ADDRESS: _____