

The McDonald County Physical Education Department has been very busy in the first few weeks of school. The students have helped produce a giant dream catcher that is on display in the foyer / cafeteria in front of the school. Other new items include students in weights classes using the team buildr application to update their personal lifts and pull up work-outs for the bedrock weights classes (junior high level), the foundation weights classes (1st time high school weight class athletes), and advanced weights classes (for all returning weight class athletes). Another new item is the Grit points started by Coach Kane which rewards students for effort and performance in all weights classes.



Mustang GRIT Points									
Grit		Refine		Immerse		Turbo			
Get effort everyday, even when you don't feel like it		Look to improve form and athletic weaknesses		Be fully present and compete with intensity		Have the benefits of consistent, & intense training			
Teacher		Section							
Hour									
Team 1		Team 2		Team 3		Team 4			
Racks 1+2	GRIT Points	Racks 3+4	GRIT Points	Racks 5+6	GRIT Points	Rack 7+8	GRIT Points		
1.		1.		1.		1.			
2.		2.		2.		2.			
3.		3.		3.		3.			
4.		4.		4.		4.			
5.		5.		5.		5.			
6.		6.		6.		6.			
7.		7.		7.		7.			
8.		8.		8.		8.			
Total	0	Total	0	Total	0	Total	0		
How to earn GRIT points		How to lose GRIT points		Competition Ideas		Reward Ideas			
Outstanding Effort		Poor Effort		COD Relays		Dodgeball			
Acts of Leadership		Disrespect/Bad Attitude		Sprints, Cal N Mouse, Scored 20's, Etc.		Whiffball			
Winning team competitions		No dressing		WT Volume competition for 1 day (weight lifting)		Kickball			
Major Form Improvement				Team strength index		Basketball			
PR's				Strongman Events?? Med ball toss for dist, Farmers carry, Grip Strength, etc.		Flag football			
Demonstrate Content Knowledge				AMRAPs					
				Best Form Competition					

WORKOUT

Friday - Sep. 09, 2022

Linear Program - Week 1

Warm-Up

Barbell Circuit

Power Clean

Cooldown

POWER CLEAN

4 x 3

Max: 127

Build:

4x5-Way MB Plyo Circuit

-90 Degrees each

-180 Degrees each

-OH each

4x10 Hammer Curls

4x10 Rear Delt Fly

#

WEIGHT

REPS

1

3

2

3

3

3

4

3