

TOCOI CREEK HIGH SCHOOL

2021 - 2022 Open House



Weight Training African American History Honors

Coach Blackmon

About Coach Blackmon

Billy Blackmon joins the Toci Creek faculty after spending three years in San Antonio, Texas. During his time in Texas, Coach Blackmon served as Athletic Director at St. Gregory the Great Catholic School. Prior to Texas Coach Blackmon had stops at Newberry High School, Baldwin High School, and PK Yonge.



CLICK ICON TO ADD PICTURE

COMMUNICATION AND PARENT CONFERENCES

- Billy.Blackmon@stjohns.k12.fl.us
- Please feel free to reach out via email at any time.

IT IS IMPORTANT TO NOTE THAT ST. JOHN'S COUNTY SCHOOL DISTRICT TEACHERS HAVE UP TO 48 SCHOOL HOURS TO RESPOND TO A REQUEST FOR CONTACT. PLEASE DO NOT SUBMIT TIME SENSITIVE CONCERNS VIA EMAIL.

Weight Training

Course Overview /Major Concepts

The purpose of this course is to provide students with the opportunity to demonstrate appropriate technique, care of equipment, respect for facilities and safe behaviors while participating in a variety of lifts and physical activities. Students will develop skills, learn strategies and maintain or improve their level of fitness.

Major Concepts

Students will demonstrate....

- use of techniques, strategies, and etiquette of properly performing lifts.
- knowledge of rules and terminology.
- an improved level of skill in a variety of exercises and lifts.
- use of safety practices as it relates to overall weight room and the equipment.

Weight Training

Weekly Schedule

Monday- Upper Body

Tuesday- Cardio/ Lower Body

Wednesday- Target Muscle/Core

Thursday- Cardio/ Upper Body

Friday- Lower Body

African American History

Course Description:

African American History is a semester-long elective course. We will examine the historic, economic, social and political events that helped shaped the country that we live in today. This course will be specifically targeting US history and some part of World History. The people and their experiences are the heart of this course. As we begin to understand the influences of the past, we can project how those influences may impact our nation in the future. The main goal of this course is to develop responsible, critical thinking citizens! We will be talking about topics that some might find sensitive; however, we will look at both sides of the argument.

African American History

Course Units:

Transatlantic Slave Trade

Causes of the Civil War

Civil War and Reconstruction

Industrialization and Social Reform

WWI

Roaring 20's

Post- WWII Civil Rights

21st Century

THANK YOU!

IT IS A PLEASURE TO PARTNER WITH
YOU IN THIS YEAR'S EDUCATIONAL
JOURNEY. WE APPRECIATE YOUR
CONTINUED SUPPORT.

HORNS UP...TOCOI!

