

Athletics:

1. Learning Strands:

- **Movement Competencies:**

Focuses on developing fundamental movement skills, motor skills, and movement patterns across various activities. Examples include throwing, catching, running, jumping, and kicking.

- **Physical Activity and Health:**

Emphasizes the importance of physical activity for health and well-being, including participation in a variety of activities and understanding fitness principles.

- **Fitness:**

Addresses the development of health-related and skill-related fitness components, such as cardiovascular endurance, muscular strength, flexibility, agility, and coordination.

- **Social and Personal Responsibility:**

Focuses on developing positive social behaviors, teamwork, sportsmanship, and ethical conduct in physical activity settings.

2. Grade-Level Expectations:

- The TEKS outline specific knowledge and skills that students are expected to master at each grade level.
- These expectations build upon each other from one grade to the next, ensuring a progression of learning.
- For example, in 6th grade, students might focus on mastering basic movement skills, while in 8th grade, they might be expected to apply these skills in more complex game situations.

3. Competitive Sports Offered:

- Early Fall of Year: Volleyball (females) and Flag Football (males)
- Late Fall of Year: Basketball (female and male teams)
- Early Spring of Year: Soccer (co-ed)
- Late Spring of Year: Track and Slow-pitch Softball (co-ed)
- Year Round: Offseason Workouts (co-ed)

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