



Athletics/25-26/HS Instructional Plan

8/6/2025

Contact Information

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COURSE DESCRIPTION

This program is designed for girls interested in competitive sports and team development. Students will build strength, endurance, and sport-specific skills while participating in organized practices, workouts, and games. The focus is on teamwork, discipline, leadership, and representing the school with pride.

COURSE ACTIVITIES (What we will be doing)

Below you will find descriptions of the most common activities that students will participate in during the course of each semester.

Throughout the year, students will:

- Weight Training
- Conditioning
- Team Sports

GRADES - Click here for → [YWLA Grading Policy](#)

Major (Attitude, Participation) 60%

Minor (Daily Workouts, Bringing Proper Attire) 40%

Classroom Resources (examples below)

- Cycle Lab
- Weight Room
- Gym

COURSE OBJECTIVES AND TOPICS

- Demonstrate Fundamental Athletic Skills In Various Sports (Court and Team Sports)
- Understanding Rules and Strategies
- Develop and Follow Personal Fitness Plans
- Analyze Personal Performance
- Set Realistic Athletic Goals

Please feel free to reach out with any questions or concerns. We are excited to work together to make this a successful year of learning!
