

Calallen ISD 2025-2026

Syllabus

Campus: Calallen Middle School

Course and/or Grade Level: Girls Pre-Athletics (6th- Grade)

Course Description: The main focus of the Pre-Athletics program is to provide students with a preview of upcoming UIL sports in which they will be eligible to participate as 7th graders. This class will prepare and set the expectations associated with all aspects of Calallen Athletics including sport specific skills, strength and conditioning while including the state TEKS. In this class we will promote a high standard of excellence and achievement in both the classroom and the playing field and how grades and behavior affect extracurricular activities in the future. In our class our expectations of our student athletes are not only to be great athletes with good work ethic but to conduct themselves as positive role models, be respectable, and be leaders in our school.

Semester 1: August 13 – December 19, 2025

1 st Quarter Topics	2 nd Quarter Topics
• Daily Expectations & Warm Up • Volleyball Drills • Introduction to basic lifting using training bars • Introduction to track distances and running.	• Plyometrics & Agilities • Squats/Deadlift/Bench/Power Clean Max • Station Lifting for time • Weekly Mile for time • Volleyball Drills/Tournament • Basketball Drills • Team Building Activities

Semester 2: January 5 – May 29, 2026

3 rd Quarter Topics	4 th Quarter Topics
• Basketball Drills/Tournament • Tennis Drills • Long and Short Distance Conditioning • Lifting for weight and condition • Lifting Max Recorded • Weekly Mile Timed • Team Building Activities	• Volleyball/Basketball/Tennis Drills • Track & Field Events • Station Lifting for Time • Lifting Max recorded • Weekly Mile Timed • Team Building Activities

**Minor adjustment to the schedule may be made based on campus schedules and student needs.*