Calallen ISD 2025-2026
6th Grade Boys Pre-Athletics Syllabus

Campus: Calallen Middle School

Course and/or Grade Level: 6th Grade Boys Pre-Athletics

Course Description:
The focus of the Pre-Athletics program is to provide students with the opportunity to learn skills for upcoming U.I.L. team sports in which they will be eligible to participate as 7th graders. This course will also prepare them for the expectations associated with being a Calallen Wildcat Athlete. The Calallen ISD athletic department and the pre-athletics class is to develop a competitive athletics program focusing on enhancing student performance in the classroom and on the field of play. We expect our student athletes to be positive role models in our schools and community.

Semester 1: August 13 – December 19, 2025

1st Quarter Topics	**2nd Quarter Topics**
● Proper warm-up/cool down techniques. ● Bodyweight exercises/plyometrics. ● Fundamentals of football. ● Sprint training.	● Proper warm-up/cool down techniques. ● Bodyweight exercises/plyometrics. ● Proper weightlifting technique. ● Fundamentals of basketball. ● Sprint training.

Semester 2: January 5 – May 29, 2026

3rd Quarter Topics	**4th Quarter Topics**
● Proper warm-up/cool down techniques. ● Bodyweight exercises/plyometrics. ● Fundamentals of track. ● Proper weightlifting technique. ● Sprint training.	● Proper warm-up/cool down techniques. ● Bodyweight exercises/plyometrics. ● Fundamentals of track. ● Proper weightlifting technique. ● Sprint training.

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