

Calallen ISD 2025-2026

Syllabus

Campus: Calallen Middle School

Course and/or Grade Level: Girls Athletics (7th & 8th Grade)

Course Description: UIL physical examination and Rank One forms are required.

This course will teach teamwork values, the improvement of fundamentals, and knowledge of a particular sport's rules. Off-season activities will also be integrated in this course and will include weightlifting and conditioning programs. Students from this course will be selected to participate in the UIL competition. Knowledge of Rank One Sports will be needed and utilized by parents of athletes. Passing grades in all enrolled classes is required to participate in UIL events according to UIL No Pass No Play Rule.

Semester 1: August 13 – December 19, 2025

1 st Quarter Topics	2 nd Quarter Topics
• Daily Expectations & Warm Up • Volleyball Drills/Rules • Basketball Drills (3x a week) • Introduction to basic lifting using • Conditioning long and short distance • Plyometrics & Agilities • Team Building Activities	• Plyometrics & Agilities • Squats/Deadlift/Bench/Power Clean Max • Station Lifting for time • Weekly Mile for time • Volleyball Drills • Basketball Drills • Team Building Activities

Semester 2: January 5 – May 29, 2026

3 rd Quarter Topics	4 th Quarter Topics
• Basketball Drills • Track & Field Event Practice • Volleyball Drills (2x a week) • Long and Short Distance Conditioning • Lifting for weight and condition • Lifting Max Recorded • Weekly Mile Timed • Personal Lifting & Conditioning Goals • Team Building Activities	• Off Season Volleyball/Basketball Drill Days • Track & Field Events • Station Lifting for Time • Lifting Max recorded • Long & Short Distance Conditioning • Weekly Mile Timed • Personal Lifting & Conditioning Goals • Team Building Activities

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