

Calallen ISD 2025-2026
7th Grade Athletics Syllabus

Campus: Calallen Middle School

Course and/or Grade Level: 7th Grade Boys Athletics

Course Description:

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 the UIL No Pass No Play Rule.

Semester 1: August 13 – December 19, 2025

1st Quarter Topics	2nd Quarter Topics
● Proper warm-up/cool down techniques. ● Weight /sprint training. ● Fundamentals of football.	● Proper warm-up/cool down techniques. ● Weight /sprint training. ● Fundamentals of basketball.

Semester 2: January 5 – May 29, 2026

3rd Quarter Topics	4th Quarter Topics
● Proper warm-up/cool down techniques. ● Weight /sprint training. ● Fundamentals of track & field.	● Proper warm-up/cool down techniques. ● Weight /sprint training. ● Fundamentals of track & field.

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