

CAIN 6TH GRADE PRE-ATHLETICS



Preparing students for 7th grade athletics

WHAT IS PRE-ATHLETICS

Pre-Athletics is a Physical Education course designed to teach the foundational knowledge and skills needed for students who want to try out for 7th grade athletics.

- No physical required
- Counts as a Physical Education class

PRE-ATHLETICS VS PE

Pre-Athletics is for students who plan to try out for:

- Volleyball, Football, or Basketball
- Provides preparation for Volleyball, Football, and Basketball
- Mimics the structure and expectations of 7th grade athletic

CONTACTS:

BOYS ATHLETIC COORDIATOR: RICKEY.VANDENBURG@ROCKWALLISD.ORG

GIRLS ATHLETIC COORDNATOR: JONAH.ALLEN@ROCKWALLISD.ORG

GRADING POLICY

Summative (50%)

- Appropriate physical activity attire required
- Daily participation is mandatory
- Full effort = 20 points per day (100 points per week)

Formative (50%)

- Skill assessments based on improvement and knowledge

COURSE INFORMATION:

- Students do not dress out
- Proper athletic shoes are required
- Designed for students interested in 7th grade volleyball, basketball, or football
- Participation is expected daily

STATE MANDATES (FITNESSGRAM)

- Height and weight measurements will be taken per state guidelines
- Results are sent to the district
- Weight will be taken discreetly due to sensitivity

Parent Communication

- A **written parent note** is required for illness or injury preventing participation
- If the issue lasts **more than 2 days**, a **doctor's note** is required
- Notes must specify **what activities the student can and cannot do**
- If no physical activity is allowed, an **alternate written assignment** will be provided

Please notify us during the **first week of school** of any medical conditions