

	ECISD PRE-ATHLETICS	Ongoing Topics to Incorporate
Purpose	The Ector County ISD Middle Schools Pre-Athletics class is a Physical Education class designed to prepare 6th grade students for Ector County ISD Athletics programs while still implementing the required 6th grade PE TEKS. The purpose of the Pre-Athletics program is to provide students with an advanced curriculum directly linked to upcoming UIL sports (e.g. cross country, football, volleyball, basketball, soccer, track & field) in which they will be eligible to participate as 7th graders. The Pre-Athletics course will prepare students for the expectations associated with all aspects of ECISD Athletics including UIL academic requirements, sportsmanship, leadership, teamwork, accountability, and character development.	☐ Leadership ☐ Locker Room Etiquette ☐ Responsibility ☐ Grades & Eligibility ☐ Nutrition ☐ Competitions ☐ Strength & Conditioning ☐ Classroom Behavior ☐ PE TEKS + PE Units ☐ Weight Room Etiquette/Safety ☐ Optimal Sleep Behaviors
Pre-Athletic Class Periods	Time (s): 2nd 9:23 - 10:13; 3rd 10:16 - 11:06; 4th 11:09 - 11:59; 6th 1:39 - 2:29	
Overview	Click Here For Pre-Athletics Overview	
	Fall Semester Scope & Sequence: 18 Weeks	
Week 1: Aug 10-14	Unit: Athletic Movement – Dynamic, Jump-rope, Ladders, Bodyweight, Throwing	
<i>Athletic Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Athletic Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Athletic Development</i>	Friday:	
Week 2: Aug 17-21	Unit: Athletic Movement – Dynamic, Jump-rope, Ladders, Bodyweight, Throwing	
<i>Athletic Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Athletic Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Athletic Development</i>	Friday:	
Week 3: Aug 24-28	Unit: Volleyball - Footwork/Football - Footwork	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 4: Aug 31-Sept 4	Unit: Volleyball- Passing/Setting/Football - Passing	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	

<i>Character/Skill Development</i>	Friday:	
Week 5: Sept 7-11	Unit: Volleyball - Setting/Football - Running routes, Jump rope, cone drills	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 6: Sept 14-18	Unit: Volleyball - Serving/Football workout & 7-on7	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 7: Sept 21-25	Unit: Volleyball - Hitting/Football workout & 7-on7	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 8: Sept 29-Oct 2	Unit: Volleyball - Hitting/Serving/Football workout & 7-on7	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 9: Oct 5-9	Unit: Cross Country - Individual Scoring	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 10: Oct 12-16	Unit: Cross Country - Team Scoring	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	

<i>Character/Skill Development</i>	Friday:	
Week 11: Oct 19-23	Unit: Cross Country - Mock Meet	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 12: Oct 26-30	Unit: Basketball – Triple Threat/Ball Handling	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 13: Nov 2-6	Unit: Basketball – Pivots / Dribbling	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 14: Nov 9-13	Unit: Basketball - Layups/Passing	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 15: Nov 16-20	Unit: Basketball – Shooting	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Nov 23-27	Thanksgiving Break	
Week 16: Nov 30-Dec 4	Unit: Basketball – Rebounding/Mass Defense	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	

<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 17: Dec 7-11	Unit: Basketball – 1 on 1 Defense	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 18: Dec 14-18	Unit: Basketball – 2 on 1, 3 on 2	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
	Spring Semester Scope & Sequence: 20 Weeks	
Week 1: Jan 4-8	Unit: Basketball -- Layups/Ballhandling	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 2: Jan 11-15	Unit: Basketball – Team Defense	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 3: Jan 18-22	Unit: Basketball – Passing - 3 Man Weave	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 4: Jan 25-29	Unit: Basketball - Team play	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	

<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 5: Feb 1-5	Unit: Basketball - Tournament	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 6: Feb 8-12	Unit: Track - Introduction: Sprints/Long (Championship Website) www.championshipproductions.com; Login: Crystal.Day@ectorcountyisd.org; Password: ecisdpreathletics	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 7: Feb 15-19	Unit: Track - Relays/Hurdles: (Championship Website) www.championshipproductions.com; Login: Crystal.Day@ectorcountyisd.org; Password: ecisdpreathletics	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 8: Feb 22-26	Unit: Track - Field Events: (Championship Website) www.championshipproductions.com; Login: Crystal.Day@ectorcountyisd.org; Password: ecisdpreathletics	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 9: Mar 1-5	Unit: Track - Field Events: (Championship Website) www.championshipproductions.com; Login: Crystal.Day@ectorcountyisd.org; Password: ecisdpreathletics	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	

Mar 8-12	Unit: SPRING BREAK	
Week 10: Mar 15-19	Unit: Track - Mock Meet: (Championship Website) www.championshipproductions.com; Login: Crystal.Day@ectorcountysd.org; Password: ecisdpreathletics	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 11: Mar 22-26	Unit: Track - Mock Meet: (Championship Website) www.championshipproductions.com; Login: Crystal.Day@ectorcountysd.org; Password: ecisdpreathletics	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 12: Mar 29-Apr 2	Unit: Soccer - Shooting, Defending	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 13: Apr 5-9	Unit: Soccer - 1 v 1, 3 v 1	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 14: Apr 12-16	Unit: Soccer - Small 1 sided Games	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	

<i>Character/Skill Development</i>	Friday:	
Week 15: Apr 19-23	Unit: Volleyball - Team Drills/Football -Drills	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 16: Apr 26-30	Unit: Volleyball - Team Drills/Football -Drills	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 17: May 3-7	Unit: Volleyball - Team Drills/Football -Drills	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 18: May 10-14	Unit: Volleyball - Team Drills/Football -Drills	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Week 19: May 17-21	Unit: Volleyball - Team Drills/Football -Drills	
<i>Skill Development</i>	Monday:	
<i>Athletic Development</i>	Tuesday:	
<i>Skill Development</i>	Wednesday:	
<i>Athletic Development</i>	Thursday:	
<i>Character/Skill Development</i>	Friday:	
Inventory	Current Pre-Athletic Inventory (type how many you currently have of each)	
☐	Volleyballs-	
☐	Footballs-	
☐	Basketballs-	
☐	Soccer Balls-	

☐	PVC Pipes-	
☐	Championship Productions Website: www.championshipproductions.com	
	Login: Crystal.Day@ectorcountysd.org; Password: ecisdpreathletics	
	 How To Access Championship Productions Track & Field Videos	