

**CFISD MIDDLE SCHOOLS
6TH GRADE PRE-ATHLETICS PROGRAM
Scope & Sequence**

Week(s)	Athletic Topics Covered	Ongoing Topics to Incorporate
1	<ul style="list-style-type: none"> ● Expectations of participating in Pre-Athletics ● Organization and Orientation ● Basic fitness level tests 	<ul style="list-style-type: none"> <input type="checkbox"/> Leadership <input type="checkbox"/> Locker room etiquette
2 - 12	<ul style="list-style-type: none"> ● <u>Football</u> <ul style="list-style-type: none"> ○ Schedule HS Head Coach(es) to come speak about their program(s) ○ Teaching Points/Skills <ul style="list-style-type: none"> ■ Review all positions and responsibilities of each, Passing, Catching, Throwing, Lineman footwork ● <u>Volleyball</u> <ul style="list-style-type: none"> ○ Schedule HS Head Coach(es) to come speak about their program(s) ○ Teaching Points/Skills <ul style="list-style-type: none"> ■ Court markings, Scoring, Rotation rules, Substitution rules, Positions and responsibilities of each, Setting, Hitting, Blocking, Serving, Passing, Terminology ○ Mock tryout ● <u>Cross Country</u> <ul style="list-style-type: none"> ○ Schedule HS Head Coach(es) to come speak about their program(s) ○ Teaching Points/Skills <ul style="list-style-type: none"> ■ Running form, Proper Dynamic Warmup, Proper Stretching, Training Progression, Terminology and Rules ○ Mock meet- scoring system, individual and team points ● <u>Daily & Weekly Strength-Conditioning and Explosiveness training</u> ● Eligibility conversation/Grade checks/2 Words character development program 	<ul style="list-style-type: none"> <input type="checkbox"/> Responsibility <input type="checkbox"/> Grades & Eligibility <input type="checkbox"/> Nutrition <input type="checkbox"/> Competitions <input type="checkbox"/> Strength & Conditioning <input type="checkbox"/> Classroom behavior <input type="checkbox"/> PE TEKS + PE units <input type="checkbox"/> Weight Room etiquette/safety <input type="checkbox"/> Optimal sleep behaviors
13 - 23	<ul style="list-style-type: none"> ● <u>Basketball</u> <ul style="list-style-type: none"> ○ Schedule HS Head Coach(es) to come speak about their program(s) ○ Teaching Points/Skills <ul style="list-style-type: none"> ■ Court markings, Scoring, General rules of the game, Positions and responsibilities of each, Offense- shooting form, ball handling, dribbling, passing, Defense- rebounding, man defense, zone defense, 3 on 3, Scrimmage ○ Mock tryout ● <u>Daily & Weekly Strength-Conditioning and Explosiveness training</u> ● Eligibility conversation/Grade checks/2 Words character development program 	

	<ul style="list-style-type: none"> ● Schedule Nutritionist to come speak ● Mid-year retest basic fitness test 	
<p style="text-align: center;">24-30</p>	<ul style="list-style-type: none"> ● <u>Track and Field</u> <ul style="list-style-type: none"> ○ Schedule HS Head Coach(es) to come speak about their program(s) ○ Teaching Points/Skills <ul style="list-style-type: none"> ■ General rules of the game, Proper form, shot/discus, pole vault, high jump, long/triple jump, hurdles, block starts, Track markings and event start/finish for running events, appropriate terminology, Significance of a proper dynamic warm up and cooldown. ○ Mock meet (May take several days) ● Off season strength, conditioning, and agility ● FitnessGram completed and entered ● <u>Daily & Weekly Strength-Conditioning and Explosiveness training</u> ● Eligibility conversation/Grade checks/2 Words character development program 	
<p style="text-align: center;">31 - 36</p>	<ul style="list-style-type: none"> ● <u>Soccer Unit</u> <ul style="list-style-type: none"> ○ Schedule HS Head Coach(es) to come speak about their program(s) ○ Teaching Points/Skills <ul style="list-style-type: none"> ■ Passing with accuracy, receiving the ball (first touch open hips), heads up with positioning, movement off the ball in space, creating angles, shooting skills, corner kicks, goal kicks, wall pass, take over, volley, throw ins, heading, goal keeper and other positions, Game terminology, field markings, officials, rules ● <u>Baseball/Softball/Tennis/Swimming/Wrestling</u> <ul style="list-style-type: none"> ○ Schedule HS Head Coach(es) to come speak about their program(s) ● <u>Volleyball</u> <ul style="list-style-type: none"> ○ Continued skill work in preparation for 7th grade tryouts ○ Mock tryout ● <u>Football</u> <ul style="list-style-type: none"> ○ Emphasis on preparing for 7th grade year. Equipment fittings. ○ 7 on 7 competition ● <u>Cross-Country</u> <ul style="list-style-type: none"> ○ Emphasis on preparing for 7th grade year. ○ Mock Meet ● Promote summer camps, especially speed and strength camps ● <u>Daily & Weekly Strength-Conditioning and Explosiveness training</u> ● Eligibility conversation/Grade checks/2 Words character development program ● Retest basic fitness test 	