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| Athletics / High School6-Week Snapshot  |
| \_1st\_\_ Six Weeks |
| Unit | Topic | TEKS/Learning Target |
| Volleyball | Passing, setting, hitting, serve/receive, cover hit, blocking, base, conditioning | Athletes will use the fundamental skills they have learned in the game of volleyball. |
| Off-season | Plyos, weight training, sprints, core, ropes | Athletes will condition their bodies through cardio exercises and strength training. |