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| Athletics / High School  6-Week Snapshot | | |
| \_2nd\_\_ Six Weeks | | |
| Unit | Topic | TEKS/Learning Target |
| Volleyball | Serving, teaming, conditioning, approach, weights, dive and roll | Athletes will use the fundamental skills they have learned in the game of volleyball. |
| Off-season | Plyos, ropes, battle ropes, hills | Athletes will condition their bodies through cardio exercises and strength training. |