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| Athletics / High School  6-Week Snapshot | | |
| \_5th\_ Six Weeks | | |
| Unit | Topic | TEKS/Learning Target |
| Track & Field | Conditioning / weights  Running | Athletes will learn and use the fundamental skills of track and field events. |
| Softball | Throwing  Hitting  Base running | Athletes will learn and use the fundamental skills of softball. |
| Off-season | Track 500’s x 5  300’s x 3  200’s x 6 | Athletes will condition their bodies through cardio exercises and strength training. |