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| Athletics / High School6-Week Snapshot  |
| \_5th\_ Six Weeks |
| Unit | Topic | TEKS/Learning Target |
| Track & Field | Conditioning / weightsRunning | Athletes will learn and use the fundamental skills of track and field events. |
| Softball | ThrowingHittingBase running | Athletes will learn and use the fundamental skills of softball. |
| Off-season | Track 500’s x 5300’s x 3200’s x 6 | Athletes will condition their bodies through cardio exercises and strength training. |