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| Athletics / High School  6-Week Snapshot | | |
| \_6th\_ Six Weeks | | |
| Unit | Topic | TEKS/Learning Target |
| Track & Field | Conditioning / weights  Running | Athletes use the fundamental skills they have learned in track and field events. |
| Softball | Throwing  Hitting  Base running | Athletes will use the fundamental skills they have learned in the game of softball. |
| Off-season | Weights, running, ropes | Athletes will condition their bodies through cardio exercises and strength training. |