

# ***Athletic Department***

## **Fort Bend Independent School District**

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### **6th Grade Pre-Athletics**

#### **Purpose**

This course would prepare students and parents for successful participation in the middle school athletic program. The program's focus would be to provide students with a preview of upcoming UIL sports in which they will be eligible to participate as 7th graders and to prepare them for the behavioral and academic expectations associated with participating in the FBISD athletics program. Students will be introduced to the concepts of UIL and FBISD academic requirements and how they impact and affect extracurricular participation.

#### **Desired Outcomes**

- Students will enroll in athletics the following year and be able to demonstrate a higher level of skill and performance.
- Students will improve their speed, strength, and conditioning. Periodic progress reports will be sent home showing individual improvements throughout the year.
- Students will easily transition into and be prepared for summer strength and conditioning programs.
- Students will learn each sport unit's basic rules, fundamentals, skills, techniques, and schemes. Coaches will be able to evaluate and identify athletes by sport and position.
- Students and parents will be able to learn FBISD athletic policies, procedures, and expectations.
- Students will exhibit improved decision-making in and out of the classroom as they work through an organized character education curriculum.
- The relationships built and knowledge gained in pre-athletics will provide an easy transition to the FBISD athletics program for parents and the students
  
- Students will learn the components of a successful athletic program, learning to commit, compete, finish/win, maintain self-discipline, accept coaching, be part of a team, overcome adversity, develop a growth mindset, develop leadership skills & have pride in their school.

#### **Requirements**

- A desire to participate in FBISD athletics as a 7th grader.
- Dress out and participate daily. You must have athletic shoes & cleats.
- Written permission/parental consent for participation required.

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### **Components of the Pre-Athletics Program**

- Sport-specific skills will be taught in a rotational format. Football, Volleyball, Basketball, Track & Field, and Cross Country will have multi-week rotations throughout the year.
- Students will complete a daily dynamic warmup focusing on proper running form, body control, agility, explosive movements, and physical strength.
- Weightlifting will be introduced to students and will be age-appropriate. The development of appropriate and proper techniques will be reinforced. Utilizing PVC bars with no weight, students will learn the correct method and fundamentals of weightlifting safely. When proficiency is established, weight will be added incrementally.
- FBISD Pre-Athletics curriculum will also include a character education program. Students can work through and improve themselves each week through interaction with the character education curriculum.
- All students will consistently monitor their grades and academic progress with current athletic department procedures and expectations. Students will understand how their academic progress impacts their eligibility and ability to participate in UIL activities.
- Students will be allowed to play games, participate in competitive activities, and hold mini-tournaments in the class period to build interest and enthusiasm for participation in the athletic program.

### **Pre-Athletics Calendar & Organization Overview**

- August: Orientation & Organization
  - Fall: Football, Volleyball, Cross-Country Sports Skills & Intro. To Strength and Conditioning
  - Winter/Early Spring: Basketball Sports Skills and Strength and Conditioning
  - Spring: Track & Field, Golf, Tennis, Soccer, and Strength and Conditioning
  - Late Spring: Skills to prepare for FB/VB and XC seasons in the fall with Fridays devoted to other sport-specific skills- soccer, etc.
- \*\*\*Athletic department includes speed, strength, agility, and conditioning, which will be 2 days a week throughout the school year.

### **Daily Pre-Athletics Class Overview**

- Quickly dress out
- Dynamic warmup and body weight exercises (10 minutes)
- Daily sports-specific skill lesson or strength and conditioning instruction (3 days a week- skills, 2 days a week- strength and conditioning activities)
- Dress back in
- 1 day a week, short character education lesson

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**FBISD MIDDLE SCHOOLS**  
**6<sup>TH</sup> GRADE PRE-ATHLETICS PROGRAM SCOPE &**  
**SEQUENCE**

Week(s)	Athletic Topics Covered	Ongoing Topics to Incorporate
1-3	<ul style="list-style-type: none"> <li>o Expectations of participating in Pre-Athletics</li> <li>o Organization and Orientation</li> <li>o Introduction to Routines and Processes</li> </ul>	
4-12	<p><u>Football</u></p> <ul style="list-style-type: none"> <li>o Schedule HS Head Coach(es) to speak about their program(s)</li> <li>o Teaching Points/ Skills               <ul style="list-style-type: none"> <li>• Review all positions and responsibilities of each, including passing, catching, throwing, and lineman footwork</li> <li>• Field markings</li> <li>• Punting/place kicking/deep snapping skills</li> </ul> </li> </ul> <p><u>Volleyball</u></p> <ul style="list-style-type: none"> <li>o Schedule HS Head Coach(es) to speak about their program(s)</li> <li>o Teaching Points/ Skills               <ul style="list-style-type: none"> <li>• Court markings, scoring, rotation rules, substitution rules, positions, and responsibilities of each, setting, hitting, blocking, serving, passing, and terminology. Mock tryout</li> <li>• Daily &amp; Weekly Strength-Conditioning and Explosiveness training</li> <li>• Eligibility conversation/Grade checks/Character Education Program</li> </ul> </li> </ul>	<p>Leadership of Locker room etiquette          Responsibility          o Grades &amp; Eligibility          Nutrition          Competitions          Strength &amp; Conditioning in Classroom          Behavior          Health &amp; Wellness TEKS          + PE units, Weight Room etiquette/safety, Optimal sleep behaviors</p>
13 - 22	<ul style="list-style-type: none"> <li>• <u>Basketball</u></li> <li>• o Schedule HS Head Coach(es) to come speak about their program(s)</li> <li>• o Teaching Points/ Skills</li> <li>• Court markings, Scoring, General rules of the game, Positions and responsibilities of each, Offense- shooting form, ball handling, dribbling, passing, Defense- rebounding, man defense, zone defense, three on 3, Scrimmage</li> <li>• Mock tryout</li> <li>• Daily &amp; Weekly Strength-Conditioning and Explosiveness training</li> <li>• Eligibility conversation/Grade checks/Character Education Program</li> <li>• Schedule a Nutritionist to speak about Basic fitness level tests</li> </ul>	

23-28	<u>Track and Field</u> o Schedule HS Head Coach(es) to speak about their program(s) o Teaching Points/ Skills General rules of the game, Proper form, shot/discus, pole vault, high jump, long/triple jump, hurdles, block starts, Track marking and event start finish for running events, appropriate terminology, Significance of a proper dynamic warm-up and cooldown. Mock meet (May take several days)	
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	<u>Soccer Unit</u> o Schedule HS Head Coach(es) to come speak about their program(s) o Teaching Points/Skills Passing with accuracy, receiving the ball (first touch open hips), heads up with positioning, movement off the ball in space, creating angles, shooting skills, corner kicks, goal kicks, wall pass, take over, volley, throw-ins, heading, goalkeeper and other positions, game terminology, field markings, officials, rules. <u>Baseball/Softball/Tennis/Swimming/Wrestling</u> o Schedule HS Head Coach(es) to come speak about their program(s) <u>Volleyball</u> o Continued skill work in preparation for 7th-grade tryouts o Mock tryout <u>Football</u> o Emphasis on preparing for 7 <sup>th</sup> 7th-grade year o Equipment fittings o 7 on seven competitions <u>Cross Country</u> o Emphasis on preparing for 7 <sup>th</sup> 7th-grade year o Mock Meet Promote summer camps, especially speed and strength camps Daily & weekly strength and conditioning, explosiveness training Eligibility conversation/ Grade checks Character Education program Retest the basic fitness test	
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**FBISD MIDDLE SCHOOLS  
6TH GRADE PRE-ATHLETICS PROGRAM**

**Frequently Asked Questions**

1. What is Pre-Athletics?

Pre-Athletics is a Physical Education class designed to prepare 6th-grade students for UIL Athletic Programs, offered by FBISD, while still implementing the required 6th-grade Health & Wellness TEKS.

2. What is the purpose of Pre-Athletics?

Pre-Athletics is designed to provide students with an advanced curriculum directly linked to upcoming UIL sports in which they will be eligible to participate as 7th graders.

3. Will Pre-Athletics count as required PE credit?

State law requires all intermediate school students to complete at least two years (four semesters) of PE credit. This requirement includes two semesters in grades six and at least three in grades 7 & 8. Pre-Athletics will count as one year (2 semesters) toward the credits needed for 6th-grade Health & Wellness.

4. What sports are taught throughout the year?

Fall: Volleyball, Football, Cross-Country Winter: Basketball Spring: Track & Field, Tennis, and Soccer, then prepare Fall sports tryouts in Volleyball, Football, and Cross-Country.

Additional activities will be covered at the teacher's discretion.

5. What types of workouts can I expect through the year?

Physically, the course will focus on athletic conditioning, strength, agility, and sport-specific skills. Workouts will be more rigorous than traditional PE class.

6. What does a typical week look like?

Monday-Wednesday-Friday (Dynamic Warmup/Body weight strength & Sport Specific Skill Work)  
Tuesday & Thursday (Character Development & Academic Improvement, Dynamic Warmup & Strength, and Conditioning Activities)

7. Will activities occur outside of the school day?

There will not be any activities outside of the school day related to direct athletic competition.

8. What other topics are covered besides sports?

In addition to the Health & Wellness TEKS, leadership skills, responsibility, academic awareness, and many other aspects will be included throughout the course to ensure the whole child's development. Athletes will be introduced to educational expectations related to being a FBISD student-athlete and will understand the eligibility requirements of all UIL student-athletes.

9. How is Pre-Athletics different than PE?

Pre-Athletics is a more rigorous physical education course, which requires workouts that will build up to, and then be comparable to the workouts that the 7th-grade athletes complete in athletics.

10. How is my grade determined in Pre-Athletics?

Like a traditional PE class, students' grades will be determined by assignments, participation, attitude, effort, and behavior.

11. Should I enroll in Pre-Athletics if I want to participate in athletics as a 7<sup>th</sup> grader?

While enrollment in this course will help students determine if they wish to participate in 7th-grade athletics, it is not required.

12. If I enroll in Pre-Athletics, can I automatically participate in athletics as a 7th grader?

Placement into Pre-Athletics does not automatically place a student in the athletic period or onto a team for 7<sup>th</sup> grade. While pre-athletics is not a tryout for placement into 7th-grade athletics, it will be important for students to show that they can successfully handle the expectations involved with being an FBISD athlete.

13. Do I need a physical to participate in Pre-Athletics?

Yes, a physical is required to participate in Pre-Athletics.

14. What equipment or materials are needed to participate in Pre-Athletics?

While individual campuses may have different requirements, students will need tennis shoes/cleats, socks, a t-shirt, and shorts/pants to participate.

15. Will I have a locker to store my belongings?

Locker availability varies by campus. It is generally expected that athletes will have an area to store their belongings.

16. Are Pre-Athletics students given preferential treatment at athletic team tryouts?

Pre-Athletics students are not given preferential treatment at athletic team tryouts. Coaches may be more familiar with student-athletes who participate in Pre-Athletics, but each student is given the same opportunities to showcase their abilities at tryouts. Students will provide the same opportunities through the pre-athletic class to learn tryout routines and procedures to ensure they are fully prepared for the tryout process for 7th-grade participation.

17. What if I enroll in Pre-Athletics, but decide I want out of it and into PE?

The campus master schedule and drop/add policies determine schedule changes. Each FBISD campus has a process regarding schedule changes. Please get in touch with your campus counselor for more specific information related to schedule changes on your campus.

18. Who can I contact if I have more questions about Pre-Athletics?

Additional questions can be sent to your campus' Boys or Girls Athletic Coordinator. Please consult the campus staff directory for contact information.

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