

7<sup>th</sup> and 8<sup>th</sup> Grade Athletics Year-at-a-Glance



1 <sup>st</sup> & 2 <sup>nd</sup> Six Weeks	2 <sup>nd</sup> , 3 <sup>rd</sup> & 4 <sup>th</sup> Six Weeks	5 <sup>th</sup> & 6 <sup>th</sup> Six Weeks
<ul style="list-style-type: none"> <li>• Introduction of Athletics and what it means to be an athlete                             <ul style="list-style-type: none"> <li>- Pride</li> <li>- Poise</li> <li>- Discipline</li> <li>- Class</li> <li>- Expectations</li> </ul> </li> <li>• Volleyball Skills                             <ul style="list-style-type: none"> <li>- Passing</li> <li>- Serving</li> <li>- Setting</li> <li>- Hitting</li> <li>- Offense</li> <li>- Defense</li> </ul> </li> <li>• Cross Country                             <ul style="list-style-type: none"> <li>- Build a love for running and competition</li> <li>- Long distance running</li> <li>- Running form</li> <li>- Team building and success building</li> </ul> </li> <li>• Strength and Conditioning and Technique                             <ul style="list-style-type: none"> <li>- Running</li> <li>- Lifting</li> <li>- Crossfit</li> <li>- Abdominals</li> <li>- Stretching</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Basketball Skills                             <ul style="list-style-type: none"> <li>- Dribbling</li> <li>- Passing</li> <li>- Shooting</li> <li>- Offense</li> <li>- Defense</li> </ul> </li> <li>• Strength and Conditioning and Technique                             <ul style="list-style-type: none"> <li>- Running</li> <li>- Lifting</li> <li>- Crossfit</li> <li>- Abdominal Exercises</li> <li>- Stretches</li> </ul> </li> <li>• Golf (Beginning in January with high school after school)                             <ul style="list-style-type: none"> <li>- Chipping</li> <li>- Pitching</li> <li>- Putting</li> <li>- Tee shots</li> <li>- Etiquette</li> <li>- Rules</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Track                             <ul style="list-style-type: none"> <li>- Running form</li> <li>- Sprinting</li> <li>- Mid distance</li> <li>- Long distance running</li> <li>- Hurdles</li> <li>- Field Events                                     <ul style="list-style-type: none"> <li>--Long jump</li> <li>--Triple Jump</li> <li>--High jump</li> <li>--Discus</li> <li>--Shot Put</li> <li>--Pole Vault</li> </ul> </li> </ul> </li> <li>• Conditioning and Technique                             <ul style="list-style-type: none"> <li>- Running</li> <li>- Lifting</li> <li>- Crossfit</li> <li>- Abdominals</li> <li>- Stretches</li> </ul> </li> <li>• Volleyball Skills                             <ul style="list-style-type: none"> <li>- Passing</li> <li>- Serving</li> <li>- Setting</li> <li>- Hitting</li> <li>- Offense</li> <li>- Defense</li> </ul> </li> <li>• Basketball Skills                             <ul style="list-style-type: none"> <li>- Dribbling</li> <li>- Passing</li> <li>- Shooting</li> <li>- Offense</li> <li>- Defense</li> </ul> </li> </ul>

Student/Athletes will be learning new fitness techniques and drills to improve their overall health. Student/Athletes will learn team unity, social skills and responsibility while building physical strength.