

CFISD MIDDLE SCHOOLS
6TH GRADE PRE-ATHLETICS PROGRAM
Frequently Asked Questions

1. What is Pre-Athletics?

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

2. What is the purpose of Pre-Athletics?

- a. 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 in as 7th graders.

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

- a. Yes, state law requires that all middle school students must complete at least two years (four semesters) of PE credit. CFISD requires five semesters of pe by board policy. This requirement includes the following: two semesters in grade 6 and at least three semesters in grades 7 & 8. Pre-Athletics will count as one year (2 semesters) toward the credits needed for 6th grade PE.

4. What sports are taught throughout the year?

- a. Fall: Volleyball, Football, Cross-Country
- b. Winter: Basketball
- c. Spring: Track & Field
- d. Late Spring: Volleyball (Prepare for MS tryouts), Football, XC & other sports not offered at MS level (ex. Soccer)
- e. Additional activities will be covered at the teacher's discretion.

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

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

6. What does a typical week look like?

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

7. Will activities occur outside of the school day?

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

8. What other topics are covered besides sports?

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

9. How is Pre-Athletics different than PE?

- a. 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?

- a. Much like a traditional PE class, student's grades will be determined by assignments, participation, attitude, effort, and behavior.

- 11. Am I required to enroll in Pre-Athletics if I want to participate in athletics as a 7th 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 am I automatically able to 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 7th grade. While pre-athletics is not a tryout for placement into 7th grade athletics, it will be important for students to generally be able to show that they have an ability to successfully handle the expectations involved with being a CFISD athlete.
- 13. Do I need a physical to participate in Pre-Athletics?**
- A physical is **not needed** 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 a pair of tennis shoes/cleats, socks, t-shirt, and shorts/pants to participate.
- 15. Will I have a locker to store my personal belongings?**
- Locker availability varies by campus. It is generally expected that athletes will have an area to store their belongings.
- 16. Are Pre-Athletic students given preferential treatment at athletic team tryouts?**
- Pre-Athletic 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 be given opportunities through the pre-athletic class to learn tryout routines and procedures to ensure that 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 what schedule changes look like. Each CFISD campus has a process in regard to schedule changes. Please contact 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 the Boys or Girls Athletic Coordinator at your campus. Please consult the campus staff directory for contact information.