

Individual Sports

These are the suggested activities for Individual Sport. The activity and time when taught may differ based on campus need.

Activity	Examples of TEKS
Badminton	1ab; 2bd; 3abcd;4a-g;5abc;6abcde
Tennis	1ab; 2abcd; 3abcd;4a-g; 5abc; 6abcde
Frisbee golf	1ab;2bd; 3a;4a; 5b; 6e
Strength Training	1ab; 2abcd; 3a;4a; 5b; 6abcde
Bowling	1ab; 2abcde; 3abcd;4a-g; 5abc; 6abcde