

Welcome future Tigers! We are excited for you to be coming to Leander Middle School next year.

All 6th graders will take either Life Fitness, Pre-Athletics, Dance, or a combination of Dance/Life Fitness.

Pre-Athletics is offered as a year long credit and will focus on the 3 main sports for boys and girls - football, basketball and track for boys and volleyball, basketball and track for girls. We will focus on these sports along with strength and conditioning, utilizing the weight room and the track. It is a very intense program compared to Life Fitness.

Life fitness is a game-oriented class. And can be a year long credit or half credit with half credit for dance. While there is a focus on fitness, we will play more games (badminton, frisbee golf, pickleball), as well as the other team sports. It is less intense and gives an overall picture of life-long skills.

[Click HERE for more information about uniforms.](#) The online store will open back up at winter break for those who would like to order new clothing for the second semester.

Dance is offered as a year-long credit or half-credit with half credit for Life Fitness. Students will be introduced to the structure of a dance class, world dance, ballet, jazz, and elements of dance. Classes at this level focus on introductory/beginner level movement in each of the mentioned dance techniques. Basic dance vocabulary, performance skills, choreography, improvisation, dance history, and performance appreciation skills are introduced.

Full-year dance will require a dance department t-shirt and jazz shoes. Semester Dance may wear their Life fitness uniform or purchase the dance uniform/jazz shoes. The dance uniform consists of a dance department t-shirt, any leggings (black leggings are preferred), and Jazz shoes. You can purchase the dance department shirt at open house and during the first week of the fall and spring semesters.