Weekly Assignments

| Name: | Sweet | Month: | August | Year: | 2022 |
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| Mon: | **22** |
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| **TUES:** | **23** |
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| **WED:** | **24** |
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| **THURS:** | **25** |
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| **FRI:** | **26** |
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| **fitness 10** | TennisContinuing work on control with forehand and backhand groundstrokes.New partners today | Serving practice today as well as volleys. Practice games before Doubles tournament, maybe | Practice Matches -- NOT TOURNAMENT Who serves, how long do they serve, from where to where. How many games, etc.  | Tournament starts by end of class. What happens if partner is gone in tournament? |  |
|  | Intro Serving today. Demo both underhand and over hand.Review basic rules and court play. Lines, scoring service boxes, etc. | Review basic rules and court play. Lines, scoring service boxes, etc. | Review basic rules and court play. Lines, scoring service boxes, etc. | Review basic rules and court play. Lines, scoring service boxes, etc. |  |
| **Weights** | For those that were gone, fill out work out sheet and starting 2 core lifts today plus others.Legs with squats and power clean half start on squats. Other half on p cleans | Everyone should be lifting on work-out plan today. Bench and deadlift today plus others. Half start on bench, other start on deadliftWhen do you get to rest? | Continue with plan and getting a rhythm down. Stay on task. Back to monday core lifts and look on board for others | Continue with plan and getting a rhythm down. Tuesday core lifts and check the board for others |  |
|  | For those that have work-out planner filled, begin lifting on work-out. Pay attention to spotting and document weights as you go. Ask if you still are confused. | EXPECT SORE MUSCLES This week you are figuring out how much weight you can lift for 3 sets.DON'T FORGET YOUR SPOTTING | Don’t forget to do make-up work when gone -- 5 stair laps –warm-ups??? | Gentle pain and aches are expected, sudden changes in pain equals immediate stop. |  |
| **Activity 4 life** | Doubles Tennis- Playing a game then changing opponentsINTRO DUCTION OF BJERRINGS SCORING.  | Doubles tennisBJERRINGS AGAIN. May be finishing tournament | Singles tennis tournamentProbably round robin and best overall record is champ. | Continuation of wednesday singles tournament. Next activity starting monday is bocce |  |
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