Weekly Assignments

| Name: | Sweet | Month: | August/September | Year: | 2022 |
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|  | | Mon: | **29** | | --- | --- | | | **TUES:** | **30** | | --- | --- | | | **WED:** | **31** | | --- | --- | | | **THURS:** | **01** | | --- | --- | | | **FRI:** | **02** | | --- | --- | |
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| **fitness 10** | Continuing with the double elimination doubles tournament  Weather issues may force us to change activities | Finish Doubles tourney and begin singles tourney.  Know the difference in the lines for singles compared to doubles. | Singles tournament should be fully underway.  Those waiting out should review for the quiz. | Quiz today over all aspects of tennis.  Trying to finish singles tourney. |  |
|  | When we get done with doubles then we will start a single elimination singles tournament | Quiz coming up on Thursday September 1  Review for quiz on own  Many students struggling with scoring, and specific rules | Quiz coming up on Thursday September 1  Review for quiz on own  Many students struggling with scoring, and specific rules | Quiz today Thursday  Cricket Starts Monday. |  |
| **weights** | Squats and Power Clean  First  Other lifts follow  You should be getting and idea of other lifts you like, we will start filling them in on papers | Bench and Deadlift first  Other lifts follow  You should be getting and idea of other lifts you like, we will start filling them in on papers | Squats and Power Clean  First  Other lifts follow  You should be getting and idea of other lifts you like, we will start filling them in on papers | Bench and Deadlift first  Other lifts follow  You should be getting and idea of other lifts you like, we will start filling them in on papers |  |
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| **activity 4 life** | Finishing round robin  Tennis tourney  Placing based on Win - Loss Record then Head to Head | Bocce starts  Need to explain rules of play and scoring and then Bjerrings scoring | Bocce continues | Bocce Finishes  Cricket week next week. |  |
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