Weekly Assignments

| Name: | Sweet | Month: | August | Year: | 2022 |
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| Mon: | **15** |
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| **TUES:** | **16** |
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| **WED:** | **17** |
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| **THURS:** | **18** |
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| **FRI:** | **19** |
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| **fitness 10** |  |  | FRESHMEN ORIENTATIONNEW STUDENTS ORIENTATION | FIRST DAY OF SCHOOL.SYLLABUS AND INTRO TO CLASS, WHAT TO EXPECT, MAKE-UP POLICY, DRESS CODE; WHAT’S ALLOWED, WHAT’S NOT, SPORTSMANSHIP VS. COMPETITIVENESS, HEALTH CONCERNSTENNIS HANDOUT | **BRING CLOTHES TO START PARTICIPATING**WARM-UPS, DETAILING THE COURTS DIMENSIONS, SCORING, BEGINNING WORK ON GROUNDSTROKES, RULES ABOUT SERVING, SERVING PRACTICE,  |
|  |  |  |  | BRING CLOTHES TOMORROW |  |
| **Weight training** |  |  | FRESHMEN ORIENTATION | FIRST DAY OF SCHOOL.SYLLABUS AND INTRO TO CLASS, WHAT TO EXPECT, MAKE-UP POLICY, DRESS CODE; WHAT’S ALLOWED, WHAT’S NOT. Weight room basicsBRING CLOTHES TOMORROW | Basics of Bench, Squats, Power Clean, Deadlift.Spotting, Weight room clean up of weights and equipmentHow works outs are created. How warm-ups workHow maxes workOther business |
|  |  |  |  | How the paperwork works, how to fill it out |  |
| **activity 4 life** |  |  | FRESHMEN ORIENTATION  | FIRST DAY OF SCHOOLINTRO TO CLASSEXPLANATION OF CLASS EVENTSCOSTS INVOLVED IF ANYUNITS WILL BE WEEKLY, MAKE-UP POLICY | START WITH BOCCE.EXPLANATION OF RULES AND SCORING.HOW ARE PARTNERS SELECTEDKEEPING A RUNNING LEADERBOARD |
|  |  |  |  | DRESS REQUIREMENTSTIME RESTRICTIONS |  |