Weekly Assignments

| Name: | SWEET | Month: | JANUARY | Year: | 2022 |
| --- | --- | --- | --- | --- | --- |

|  | | **Mon:** | **24** | | --- | --- | | | **TUES:** | **25** | | --- | --- | | | **WED:** | **26** | | --- | --- | | | **THURS:** | **27** | | --- | --- | | | **FRI:** | **28** | | --- | --- | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **FTIness 10** | Double Dutch starts today  STAY ON TASK – those that start turning this into a playground goof around get stair laps.  You can select your own group of 4 to jump in | Double Dutch continues and new groups today. At least half the group needs to be different  Timing to go in and how fast to go in are still key | Different groups again today  We should be seeing more success | Pick your own group of 4 jumpers  Try to get the best score of the week  Better jumpers may be able to get more than 1 jumper started at a time |  |
|  | It is equally important to be a good rope turner as it is a jumper  TIMING to enter the ropes is the biggest key. | Start counting how many jumps you get when successfully entering the ropes and keep trying to better it. | Some people will not want to jump nearly as much, DON’T Forget that I am watching | See if you can get the class high score, the gender high score and the age high score | . |
|  | We will warm up every day with a few laps, some dynamic movement stretches and other fun things | We will warm up every day with a few laps, some dynamic movement stretches and other fun things | We will warm up every day with a few laps, some dynamic movement stretches and other fun things | We will warm up every day with a few laps, some dynamic movement stretches and other fun things |  |
|  |  |  |  |  |  |
| **ACTIVITY 4 life** | Volleyball week  We will set up 2 nets probably all week. Team will be 3 vs 3 depending on health  We will allow the ball to bounce 1 time every time it crosses over the net | Volleyball week  We will set up 2 nets probably all week. Team will be 3 vs 3 depending on health  We will allow the ball to bounce 1 time every time it crosses over the net | Volleyball week  We will set up 2 nets probably all week. Team will be 3 vs 3 depending on health  We will allow the ball to bounce 1 time every time it crosses over the net | Volleyball week  Last day today  We will set up 2 nets probably all week. Team will be 3 vs 3 depending on health  We will allow the ball to bounce 1 time every time it crosses over the net |  |
|  | Best of 3 games to 25  3 hits max to get it back over the net  NEVER touch the net  CANNOT hit the ball 2 in a row | Best of 3 games to 25  3 hits max to get it back over the net  NEVER touch the net  CANNOT hit the ball 2 in a row | Best of 3 games to 25  3 hits max to get it back over the net  NEVER touch the net  CANNOT hit the ball 2 in a row | Best of 3 games to 25  3 hits max to get it back over the net  NEVER touch the net  CANNOT hit the ball 2 in a row | . |