Weekly Assignments

| Name: | Sweet | Month: | November | Year: | 2021 |
| --- | --- | --- | --- | --- | --- |

|  | | Mon: | **08** | | --- | --- | | | **TUES:** | **09** | | --- | --- | | | **WED:** | **10** | | --- | --- | | | **THURS:** | **11** | | --- | --- | | | **FRI:** | **12** | | --- | --- | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **fitness 10** | International Games unit  We are going to be experiencing games from various locations of the world.  Today is Israeli Stickball | Continuing Israeli Stickball  Reminder NO SLIDING | Rounders from Great Britain  Rules slightly different from Baseball but origins are similar  Pay attention to the rules of running the bases | Continuing Rounders |  |
|  | 3 Bases, order is dependent on each batter  3 pitch limit  Outs: Caught hit, hit ceiling, hit by throw that hits runner waist or lower  Pitches are; slow = bounce fast = pitcher chooses speed | Watch the NO FLY ZONE for outs  Reminder of Foul Balls | Batting may throw some off today.  Rules of getting outs maybe confusing | Next week we have 3 more games to play  PesaPallo  Danish Longball  Russian Kickball |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **activity 4 life** | Spin Class at High School  We will do our best with what we have available in the Weight room and MPR | Spin Class at High School  We will do our best with what we have available in the Weight room and MPR | Spin Class at High School  We will do our best with what we have available in the Weight room and MPR | Spin Class at High School  We will do our best with what we have available in the Weight room and MPR |  |
|  |  |  |  |  |  |