Weekly Assignments

| Name: | Sweet | Month: | September | Year: | 2021 |
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|  | | Mon: | **20** | | --- | --- | | | **TUES:** | **21** | | --- | --- | | | **WED:** | **22** | | --- | --- | | | **THURS:** | **23** | | --- | --- | | | **FRI:** | **24** | | --- | --- | |
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| **FITNESS 10** | Spikeball:  Rules of Play  How to play  Scoring  Legal vs Illegal  Practice Games | Warm-up  Answer any questions about Spikeball  Practice games with new partners  Dress for the weather | Warm-up  Spike Ball Random Draw Double Elimination tournament starts today  Best of 3 games to 15  Dress for the weather | Warm-up  Continuing Spikeball Double Elimination tournament  Dress for the weather |  |
|  | Those that can make up the cricket quiz, now’s the time  Returning cricket quizzes to those done | Strategies to try today to improve play. | Once the Tournament starts, teams will stay same until tournament champ decided |  |  |
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| **ACTIVITY 4 LIFE** | Begin a week of modified Ultimate Frisbee games  5 on 5 for most of the games  Emilee, Jenna, Jocelyn, Peyton, Seth versus Zander, Lily, Chloe, Allyson, Leah  Beau Norby Halftime | Tennis today with VB gone after lunch  Bjerrings style today | Ultimate frisbee game, new teams  Allyson, Jenna, Zander, Chloe, Lily versus Peyton, Emilee, Leah, Jocelyn, Seth  Beau Norby Halftime | Alternate activity may have to happen if VB leaves early and IF golf is gone |  |
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