Weekly Assignments

| Name: | Sweet | Month: | August | Year: | 2022 |
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|  | | Mon: | **22** | | --- | --- | | | **TUES:** | **23** | | --- | --- | | | **WED:** | **24** | | --- | --- | | | **THURS:** | **25** | | --- | --- | | | **FRI:** | **26** | | --- | --- | |
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| **fitness 10** | Tennis  Continuing work on control with forehand and backhand groundstrokes.  New partners today | Serving practice today as well as volleys. Practice games before Doubles tournament, maybe | Practice Matches -- NOT TOURNAMENT  Who serves, how long do they serve, from where to where. How many games, etc. | Tournament starts by end of class.  What happens if partner is gone in tournament? |  |
|  | Intro Serving today. Demo both underhand and over hand.  Review basic rules and court play. Lines, scoring service boxes, etc. | Review basic rules and court play. Lines, scoring service boxes, etc. | Review basic rules and court play. Lines, scoring service boxes, etc. | Review basic rules and court play. Lines, scoring service boxes, etc. |  |
| **Weights** | For those that were gone, fill out work out sheet and starting 2 core lifts today plus others.  Legs with squats and power clean half start on squats. Other half on p cleans | Everyone should be lifting on work-out plan today. Bench and deadlift today plus others. Half start on bench, other start on deadlift  When do you get to rest? | Continue with plan and getting a rhythm down. Stay on task. Back to monday core lifts and look on board for others | Continue with plan and getting a rhythm down. Tuesday core lifts and check the board for others |  |
|  | For those that have work-out planner filled, begin lifting on work-out. Pay attention to spotting and document weights as you go. Ask if you still are confused. | EXPECT SORE MUSCLES  This week you are figuring out how much weight you can lift for 3 sets.  DON'T FORGET YOUR SPOTTING | Don’t forget to do make-up work when gone -- 5 stair laps –warm-ups??? | Gentle pain and aches are expected, sudden changes in pain equals immediate stop. |  |
| **Activity 4 life** | Doubles Tennis-  Playing a game then changing opponents  INTRO DUCTION OF BJERRINGS SCORING. | Doubles tennis  BJERRINGS AGAIN. May be finishing tournament | Singles tennis tournament  Probably round robin and best overall record is champ. | Continuation of wednesday singles tournament. Next activity starting monday is bocce |  |
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