Weekly Assignments

| Name: | Sweet | Month: | August/September | Year: | 2022 |
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| Mon: | **29** |
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| **TUES:** | **30** |
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| **WED:** | **31** |
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| **THURS:** | **01** |
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| **FRI:** | **02** |
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| **fitness 10** | Continuing with the double elimination doubles tournamentWeather issues may force us to change activities | Finish Doubles tourney and begin singles tourney. Know the difference in the lines for singles compared to doubles. | Singles tournament should be fully underway.Those waiting out should review for the quiz. | Quiz today over all aspects of tennis.Trying to finish singles tourney.  |  |
|  | When we get done with doubles then we will start a single elimination singles tournament | Quiz coming up on Thursday September 1Review for quiz on ownMany students struggling with scoring, and specific rules | Quiz coming up on Thursday September 1Review for quiz on ownMany students struggling with scoring, and specific rules | Quiz today Thursday Cricket Starts Monday. |  |
| **weights** | Squats and Power Clean FirstOther lifts followYou should be getting and idea of other lifts you like, we will start filling them in on papers | Bench and Deadlift firstOther lifts followYou should be getting and idea of other lifts you like, we will start filling them in on papers | Squats and Power Clean FirstOther lifts followYou should be getting and idea of other lifts you like, we will start filling them in on papers | Bench and Deadlift firstOther lifts followYou should be getting and idea of other lifts you like, we will start filling them in on papers |  |
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| **activity 4 life** | Finishing round robin Tennis tourneyPlacing based on Win - Loss Record then Head to Head | Bocce startsNeed to explain rules of play and scoring and then Bjerrings scoring | Bocce continues | Bocce FinishesCricket week next week. |  |
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