Weekly Assignments

| Name: | Sweet | Month: | JANUARY | Year: | 2022 |
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|  | | Mon: | **17** | | --- | --- | | | **TUES:** | **18** | | --- | --- | | | **WED:** | **19** | | --- | --- | | | **THURS:** | **20** | | --- | --- | | | **FRI:** | **21** | | --- | --- | |
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| **Fitness 10** | Start of 2nd Semester leads with start of Eitpheil(irish)  Volleyball for us Americans  Basic rules will be handed out on Tuesday.  Control of the ball is most important | Review of Passing and Setting tasks  Serving, both overhand and underhand.  Understanding how rotation works. | Review passing and setting and intro. Pepper  Review serving and do a progression  Begin practice games | Begin round robin games  After warming up then pass/ set/ pepper and serve |  |
|  | Today’s skill to work on include passing and setting  We Will learn passing tasks 1-2-3 and setting tasks 1-2-3 | Bow and arrow technique  How should the wrist be during serving | Teams will be made and any special rules for class will be introed | Movement is the key and communication is vital. |  |
|  | No net set up today, that will be tomorrow. Don’t touch the net, important rule to remember | Special rule about hitting the ceiling == 1 stair lap right then  GET RULES/ STUDY SHEET. | What are the lines and who calls them? | Ball has no brain and won’t come to you, go to the ball. |  |
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| **ACtivity for life** | 1st week of 2nd semester  We will still be doing units a week at a time.  This week we are starting with Speedball  Combination of Ultimate frisbee and Soccer | More understanding of Speedball  Ball on the ground == play like soccer  Ball in the air == play like Ultimate  In air limits to 3 steps and 3 seconds of possession | Teams will be redrawn. Being active is extremely important  HOW POINTS ARE SCORED IS THROUGH THE AIR THOUGH. | Keep at it, see if you can keep someone from catching a point. |  |
|  | Remind them about the new make-up policy for class | Semester testing and how that works for them | Rules tests and quizzes | Injuries and how those work in here |  |