Weekly Assignments

| Name: | Sweet | Month: | November | Year: | 2021 |
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| Mon: | **08** |
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| **TUES:** | **09** |
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| **WED:** | **10** |
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| **THURS:** | **11** |
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| **FRI:** | **12** |
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| **fitness 10** | International Games unitWe are going to be experiencing games from various locations of the world.Today is Israeli Stickball | Continuing Israeli StickballReminder NO SLIDING | Rounders from Great BritainRules slightly different from Baseball but origins are similarPay attention to the rules of running the bases | Continuing Rounders |  |
|  | 3 Bases, order is dependent on each batter3 pitch limit Outs: Caught hit, hit ceiling, hit by throw that hits runner waist or lowerPitches are; slow = bounce fast = pitcher chooses speed | Watch the NO FLY ZONE for outsReminder of Foul Balls | Batting may throw some off today.Rules of getting outs maybe confusing | Next week we have 3 more games to playPesaPalloDanish Longball Russian Kickball |  |
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| **activity 4 life** | Spin Class at High SchoolWe will do our best with what we have available in the Weight room and MPR | Spin Class at High SchoolWe will do our best with what we have available in the Weight room and MPR | Spin Class at High SchoolWe will do our best with what we have available in the Weight room and MPR | Spin Class at High SchoolWe will do our best with what we have available in the Weight room and MPR |  |
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