Weekly Assignments

| Name: | Sweet | Month: | August | Year: | 2022 |
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|  | | Mon: | **15** | | --- | --- | | | **TUES:** | **16** | | --- | --- | | | **WED:** | **17** | | --- | --- | | | **THURS:** | **18** | | --- | --- | | | **FRI:** | **19** | | --- | --- | |
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| **fitness 10** |  |  | FRESHMEN ORIENTATION  NEW STUDENTS ORIENTATION | FIRST DAY OF SCHOOL.  SYLLABUS AND INTRO TO CLASS, WHAT TO EXPECT, MAKE-UP POLICY, DRESS CODE; WHAT’S ALLOWED, WHAT’S NOT, SPORTSMANSHIP VS. COMPETITIVENESS, HEALTH CONCERNS  TENNIS HANDOUT | **BRING CLOTHES TO START PARTICIPATING**  WARM-UPS, DETAILING THE COURTS DIMENSIONS, SCORING,  BEGINNING WORK ON GROUNDSTROKES, RULES ABOUT SERVING, SERVING PRACTICE, |
|  |  |  |  | BRING CLOTHES TOMORROW |  |
| **Weight training** |  |  | FRESHMEN ORIENTATION | FIRST DAY OF SCHOOL.  SYLLABUS AND INTRO TO CLASS, WHAT TO EXPECT, MAKE-UP POLICY, DRESS CODE; WHAT’S ALLOWED, WHAT’S NOT.  Weight room basics  BRING CLOTHES TOMORROW | Basics of Bench, Squats, Power Clean, Deadlift.  Spotting, Weight room clean up of weights and equipment  How works outs are created. How warm-ups work  How maxes work  Other business |
|  |  |  |  | How the paperwork works, how to fill it out |  |
| **activity 4 life** |  |  | FRESHMEN ORIENTATION | FIRST DAY OF SCHOOL  INTRO TO CLASS  EXPLANATION OF CLASS EVENTS  COSTS INVOLVED IF ANY  UNITS WILL BE WEEKLY, MAKE-UP POLICY | START WITH BOCCE.  EXPLANATION OF RULES AND SCORING.  HOW ARE PARTNERS SELECTED  KEEPING A RUNNING LEADERBOARD |
|  |  |  |  | DRESS REQUIREMENTS  TIME RESTRICTIONS |  |