Weekly Assignments

| Name: | Sweet | Month: | JANUARY | Year: | 2022 |
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| Mon: | **17** |
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| **TUES:** | **18** |
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| **WED:** | **19** |
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| **THURS:** | **20** |
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| **FRI:** | **21** |
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| **Fitness 10** | Start of 2nd Semester leads with start of Eitpheil(irish)Volleyball for us AmericansBasic rules will be handed out on Tuesday.Control of the ball is most important | Review of Passing and Setting tasksServing, both overhand and underhand. Understanding how rotation works.  | Review passing and setting and intro. PepperReview serving and do a progressionBegin practice games | Begin round robin gamesAfter warming up then pass/ set/ pepper and serve |  |
|  | Today’s skill to work on include passing and settingWe Will learn passing tasks 1-2-3 and setting tasks 1-2-3 | Bow and arrow techniqueHow 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 thenGET 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 semesterWe will still be doing units a week at a time.This week we are starting with SpeedballCombination of Ultimate frisbee and Soccer | More understanding of SpeedballBall on the ground == play like soccerBall in the air == play like UltimateIn air limits to 3 steps and 3 seconds of possession | Teams will be redrawn. Being active is extremely importantHOW 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 |  |