Weekly Assignments

| Name: | SWEET | Month: | JANUARY | Year: | 2022 |
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| **Mon:** | **24** |
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| **TUES:** | **25** |
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| **WED:** | **26** |
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| **THURS:** | **27** |
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| **FRI:** | **28** |
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| **FTIness 10** | Double Dutch starts todaySTAY ON TASK – those that start turning this into a playground goof around get stair laps.You can select your own group of 4 to jump in | Double Dutch continues and new groups today. At least half the group needs to be differentTiming to go in and how fast to go in are still key | Different groups again todayWe should be seeing more success | Pick your own group of 4 jumpersTry to get the best score of the week Better jumpers may be able to get more than 1 jumper started at a time |  |
|  | It is equally important to be a good rope turner as it is a jumperTIMING to enter the ropes is the biggest key. | Start counting how many jumps you get when successfully entering the ropes and keep trying to better it. | Some people will not want to jump nearly as much, DON’T Forget that I am watching | See if you can get the class high score, the gender high score and the age high score | . |
|  | We will warm up every day with a few laps, some dynamic movement stretches and other fun things | We will warm up every day with a few laps, some dynamic movement stretches and other fun things | We will warm up every day with a few laps, some dynamic movement stretches and other fun things | We will warm up every day with a few laps, some dynamic movement stretches and other fun things |  |
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| **ACTIVITY 4 life** | Volleyball weekWe will set up 2 nets probably all week. Team will be 3 vs 3 depending on healthWe will allow the ball to bounce 1 time every time it crosses over the net | Volleyball weekWe will set up 2 nets probably all week. Team will be 3 vs 3 depending on healthWe will allow the ball to bounce 1 time every time it crosses over the net | Volleyball weekWe will set up 2 nets probably all week. Team will be 3 vs 3 depending on healthWe will allow the ball to bounce 1 time every time it crosses over the net | Volleyball weekLast day todayWe will set up 2 nets probably all week. Team will be 3 vs 3 depending on healthWe will allow the ball to bounce 1 time every time it crosses over the net |  |
|  | Best of 3 games to 253 hits max to get it back over the netNEVER touch the netCANNOT hit the ball 2 in a row | Best of 3 games to 253 hits max to get it back over the netNEVER touch the netCANNOT hit the ball 2 in a row | Best of 3 games to 253 hits max to get it back over the netNEVER touch the netCANNOT hit the ball 2 in a row | Best of 3 games to 253 hits max to get it back over the netNEVER touch the netCANNOT hit the ball 2 in a row | . |