Weekly Assignments

| Name: | Sweet | Month: | October | Year: | 2021 |
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|  | | **Mon:** | **18** | | --- | --- | | | **TUES:** | **19** | | --- | --- | | | **WED:** | **20** | | --- | --- | | | **THURS:** | **21** | | --- | --- | | | **FRI:** | **22** | | --- | --- | |
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| **fitness 10** | Cricket games outside in practice field today  You might be assigned a random partner. | Unsure of weather and location today. Nice weather means outside and game from Russia.  Bad weather means inside and Spikeball in the Multipurpose room | **Short classes today 30 minutes roughly**  Not sure where we will be today. Health room is a possibility. | **NO SCHOOL** | **NO SCHOOL** |
|  | Reminder to be aware of your surroundings  Fielders help out all games | May have to put more mats down for this to happen in the MPR. | Health unit once we get back from break. Meet in the Health room. Room 100  Tobacco, Alcohol and Drug unit. |  |  |
|  |  |  |  | **NO SCHOOL** | **NO SCHOOL** |
|  |  |  |  |  |  |
| **activity 4 life** | Team Handball Today  Combo of Soccer and Basketball. 3 Steps with the ball before you must dribble  Only in the GOAL BOX while being airborne and throwing | Speedball today  Combination of soccer and ultimate frisbee.  Ball on the ground means play like soccer, ball in the air means treat like ultimate frisbee | Unsure of activity, possible Israeli Stickball with Weights | **NO SCHOOL** | **NO SCHOOL** |
|  | Dribbles need to occur every 3 steps while running  Blocking the path of the runner is allowed as long as they have the ball | Can kick the ball up off the floor to self, teammates or others.  3 Steps when ball in hands  5 seconds when ball in hands  Cannot knock ball out of hands |  |  |  |