Day FROSH/ SOPHS

Weekly Agenda 4/21- 4/25

*Teaching area = main court*

Monday 4/21

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| Freshman Wellness/PE | Sophomore PE |
| Tabata Workout  | Intro Handball  |

Tuesday 4/22

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| --- | --- |
| Freshman Wellness/PE -  | Sophomore PE |
| Endurance day: Stretch and 1 Mile Walk | Play Handball  |

Wednesday 4/23

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| --- | --- |
| Freshman Wellness/PE | Sophomore PE |
| Intro to Soccer skills  | Intro to Speedball  |

Thursday 4/24

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| Freshman Wellness/PE | Sophomore PE |
| Small Sided Soccer games  | Play Speedball  |

Friday 4/25

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| Freshman Wellness/PE | Sophomore PE |
| Fun Friday Games! | Fun Friday Games!  |