Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Week: 2

* Begin each day with our stretching routine.
* Write in each day how many push up and curl ups you complete. (Healthy Zone for girls is 7 & Healthy Zone for boys is 12).
* Enter your time for amount of time a plank is held each day.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exercise** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 2 min run |  |  |  |  |  |
| Push up  |  |  |  |  |  |
| Curl up |  |  |  |  |  |
| Plank |  |  |  |  |  |

This week’s unit is **Table** **Tennis**:

* *Table Tennis is an Olympic Sport that is popular throughout the world.*
* *Each day you will answer a questions pertaining to Table Tennis.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Is the line considered in or out in Table Tennis?Circle the answer.In *or* Out | What score do you play to in Table TennisAnswer: | What is the term for when a serve hits the net and lands on the table?Answer: | Is Table Tennis an Olympic Sport?Answer: | What is another term for Table Tennis?Answer: |