Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 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 **Tennis**:

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| List the 4 tournaments that are considered a Major in Tennis:  1  2  3  4 | How many times does a player have to serve the tennis ball?  Answer: | What is the term for when a serve hits the net and lands inside the service box?  Answer: | List the professional organization names for both men’s and women’s tennis.  Men:  Women: | How many Major Championships has Serena Williams won?  Answer: |