

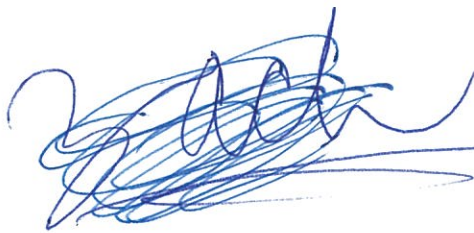
214113

PE Goals

~~214113~~

I wanta accomplish to
work hard and be a leader.
I hope to be phisically fit
and never be disrespectful.

2/11/13
Badminton
Strategies



You can use under hand and over hand.

You can use to win is play, well be smart.

You always play with your head up and never quit.

MON	run	60
Tus	basketball	20
Wes	run	60
thurs	gym	60
Fri	run	60

B-ball Strategy

~~2/25/13~~

2/25/13

You can dribble between your legs, your back, and you can pass the ball to make a basket.

Mon	running gym 60m
Tue	gym 57m
Wed	gym 45m
Thurs	soccer 30m
Fri	ice skate 2h 30m
Sat	ice skate 2h
Sun	played outside 45m,

3/4/13

Volleyball Hits

~~set~~

There are bump, spike, set
are the main volleyball hits.
There are many strategies
in volleyball, put your
hands in a diamond. jump in
the air and hit it, and bump
is to hit it be low your
chest.

Mon: gym 57m

Tue: gym 57m

Wed: home sick all day

Thurs: home sick

Fri: gym 57m

~~Yacht~~

beach volleyball you
can dive in the sand and
spike it in the sand and
in the gym you can't dive.

Mon: gym 5pm

Tue: bball 2 hours

wed: church ran 60m

thurs: ran 45m

Fri:

~~SWA~~

doge ball is the best you can
run and hit people with balls
you can take out your ranger in
this game!

Mon ran 57m

Tues gym 57m

Wed church 3 hours

Thurs ball 2 hours

Fri gym

Soccer

~~ATK~~

The moves for soccer are front kick, side kick, lace kick, back kick. I play soccer it is really fun. I love soccer.

Mon. Jogged 53m

Tue. jogged 54m

Wed: ran 55m

Thurs. played 56m

Fri. bball 57m

its the best. You can do alot of moves but that is all I know.