* 1. Questions of the Week

**Quarter 1**

**Week of 9/3/18** - Analyze the P.E. Information Packet Online: What are the four parts of the proper SHJH PE Uniform? Please write your answer in paragraph form.

**Week of 9/10/18** - Using complete sentences please complete all parts of the following questions: Describe the five Fitness Gram fitness tests, and the muscle groups that they work.

**Week of 9/17/18 - Football** – Analyze the online football study guide, and list and explain three football penalties. Please use complete sentence structure when explaining your answer.

**Week of 9/24/18 - Soccer -** Using the online soccer study guide, please define the following terms in complete sentences: Corner Kick, Goal Kick, Penalty Kick, and Direct Free Kick