

# WEEKLY CHECKLIST: WEEK 1

## BASKETBALL

10 Points per Video

- Video 1
- Video 2
- Video 3
- Video 4
- Video 5
- Video 6

**POINTS**

## FITNESS

10 Points per Video

- Video 1
- Video 2
- Video 3
- Video 4
- Video 5
- Video 6

**POINTS**

## DANCE

10 Points per Video

- Video 1
- Video 2
- Video 3
- Video 4
- Video 5
- Video 6

**POINTS**

## CHALK TALK

60 Points per Session

- Session 1
- Session 2

**POINTS**

## HEALTH

20 Points per Lesson

- Lesson 1

**POINTS**

## ACTIVITY SUBMISSIONS

- Sport Video

60 Points

- SETS Video

80 Points

- Health Worksheet

60 Points

**POINTS**

## PARENT SUPPORT

70 Points per Session

- Session 1

**POINTS**

## WEEK 1 TOTAL POINTS

**If you reached 300 Points, you are eligible for the Weekly Q&A with an Athlete!**

