PLAY AND WIN

**(1= +5 / 2 = +2.5 / 3 = +1.75 / …= -0.5 / pts)**

**WEEK 1**

**AMENET:{…}**

**GAME 1: BALLON OVER BALLON ( lezim ye7emlo balon w ysabto balon tene 3le )(need ballons){10MIN}**

**GAME 2: TAKE IT IF U CAN (lezim y2achto foularet ba3ed){10MIN}**

**GAME 3: FIND AND SOLVE (7a ykouno wra2 m5abbayin w maktoub 3layoun jemal mawjoude bi pdf el promesse fa baddoun yle2ouwoun w 7a ykouno kalimet na2sa fa baddoun y3abbouwoun){10min}**

**WEEK 2**

**AMENET:{…}**

**GAME 1: GET HIT – GET OUT : (li byensab bel tabe byotla3 la barra){10MIN}**

**GAME 2: IF I LOOK AT YOU – CATCH THE BALL: ( li betalla3 fi baddo yel2at el tabe ){10min}**

**GAME 3: 8ENIYYE{10MIN}**

**WEEK 3**

**MATCH**

**WEEK 4**

**AMENET:{…}**

**BE THE STRONGES**

**AKAR WAHAD PUSH UPS**

**AKTAR WA7AD ME3DE**

**AKTAR WAHAD PLANK**

**CHADD EL HABEL**

**……………………………………………………………………………………………….**

**PLAY WITH INFOS**

**1 VS 1 BOUNOUD**

**1 VS 1 RETAB**

**1 VS 1 ASEME CHEFIYYE**

**1 VS 1 SAFIRAT**

**1 VS 1 HAYET BP**

**1 VS 1 MANATI2**

**1 VS 1 AL2EB**

**………………………………………………………..**