**ACTIVE HOME PHYSICAL EDUCATION: ROUNDNET/VOLLEYING HIGH SCHOOL**

Complete the activities on this chart using the links provided. Don’t forget to log your daily physical activity time.

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|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **My Learning Goals** | I will coordinate my body movements to complete consecutive hits. | I will show effort while completing pentathlon challenges. | I will control my body movements to complete individual skills and drills. | I will refine my roundnet self-passing skills. | I will challenge myself to improve my self-passing skills. |
| **Today’s Vocabulary** | **COORDINATION**  The ability to synchronize or combine the movements of several parts of the body. | **EFFORT**  The amount of determination or exertion used to accomplish a goal. | **CONTROL**  To manage or regulate the movement or actions of something. | **REFINE**  To improve something by making small, incremental changes. | **CHALLENGE**  Something that presents difficulty and requires effort to master or achieve. |
| **Warm-Up Activity** | [The Extra Mile](https://darebee.com/workouts/extra-mile-workout.html)  (Darebee) | [White Rabbit](https://darebee.com/workouts/white-rabbit-workout.html)  (Darebee) | [Rascal](https://darebee.com/workouts/rascal-workout.html)  (Darebee) | [Burn Off](https://darebee.com/workouts/burn-off-workout.html)  (Darebee) | You choose your favorite warm-up from the week. |
| **Learning Focus Activity** | **Activity 1:**  [Self-Passing Challenges Card](https://openphysed.org/wp-content/uploads/2017/12/H-03-06-Roundnet-SelfPassingChallengeCard.pdf)  Using a small ball or sock ball. Can you complete the Junior Varsity Level?  [Passing Cues](https://openphysed.org/wp-content/uploads/2017/12/h-03-08-Roundnet-PassingCueChart.pdf) | **Activity 2:**  [Individual Passing Pentathlon](https://openphysed.org/wp-content/uploads/2020/03/M-03-07e-Roundnet-PassingPentathlonSkillCard-individual.pdf)  Using a small ball or sock ball. Can you complete all five challenges (Day 1)?  [Passing Cues](https://openphysed.org/wp-content/uploads/2017/12/h-03-08-Roundnet-PassingCueChart.pdf) | **Activity 3:**  [Roundnet Tabata](https://openphysed.org/wp-content/uploads/2017/12/Self-PageFromH-03-10-Roundnet-RoundnetTabataCards.pdf)  Using a small ball or sock ball. Can you alternate between roundnet passing and Tabata drills?  [Passing Cues](https://openphysed.org/wp-content/uploads/2017/12/h-03-08-Roundnet-PassingCueChart.pdf) | **Activity 4:**  [Self-Passing Challenges Card](https://openphysed.org/wp-content/uploads/2017/12/H-03-06-Roundnet-SelfPassingChallengeCard.pdf)  Using a small ball or sock ball. Can you complete the Varsity Level?  [Passing Cues](https://openphysed.org/wp-content/uploads/2017/12/h-03-08-Roundnet-PassingCueChart.pdf) | **Activity 5:**  [Individual Passing Pentathlon](https://openphysed.org/wp-content/uploads/2020/03/M-03-07e-Roundnet-PassingPentathlonSkillCard-individual.pdf)  Using a small ball or sock ball. Can you complete all five challenges (Day 2)?  [Passing Cues](https://openphysed.org/wp-content/uploads/2017/12/h-03-08-Roundnet-PassingCueChart.pdf) |
| **Daily Movement Activity** | [1-Min Cardio](https://darebee.com/pdf/challenges/1minute-cardio-challenge.pdf)  (Darebee) | [1-Min Cardio](https://darebee.com/pdf/challenges/1minute-cardio-challenge.pdf)  (Darebee) | [1-Min Cardio](https://darebee.com/pdf/challenges/1minute-cardio-challenge.pdf)  (Darebee) | [1-Min Cardio](https://darebee.com/pdf/challenges/1minute-cardio-challenge.pdf)  (Darebee) | [1-Min Cardio](https://darebee.com/pdf/challenges/1minute-cardio-challenge.pdf)  (Darebee) |
| **Mindfulness** | [Relax 5-Min Guide](https://youtu.be/lUJ3nl7N35Q)  (2bpresent) | [7-11 Breathing](https://youtu.be/sFP65kZBtaQ)  (2bpresent) | [Relax 5-Min Guide](https://youtu.be/lUJ3nl7N35Q)  (2bpresent) | [7-11 Breathing](https://youtu.be/sFP65kZBtaQ)  (2bpresent) | [Relax 5-Min Guide](https://youtu.be/lUJ3nl7N35Q)  (2bpresent) |
| **Did I log my total activity time?** | **YES or NO?** | **YES or NO?** | **YES or NO?** | **YES or NO?** | **YES or NO?** |
| **How am I feeling today?** |  |  |  |  |  |