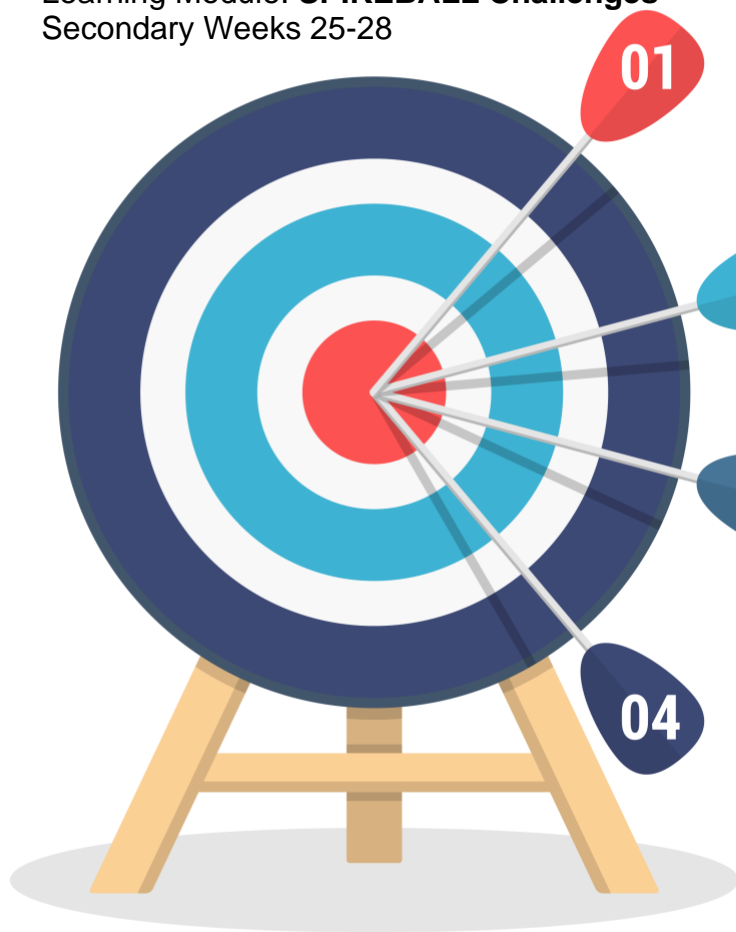




Learning Module: **SPIKEBALL Challenges**  
Secondary Weeks 25-28



### Healthy Body

I will participate in health-enhancing physical activity for at least 60-minutes each day.

### Healthy Mind

I will reflect on the SEL concepts of determination, courage, and passion.

### Enjoyment & Challenge

I will participate in purposeful and challenging practice in an effort to improve my skills.

### Building Skills

I will participate in Roundnet skill-building and practice activities to improve passing, hitting, and serving skills.

## Why are we learning this?

**Roundnet is the popular sport played with Spikeball equipment.** This module is designed to help students build basic Roundnet skills while preparing them for participation in OPEN National Field Day. Students will also reflect on important emotional concepts with a focus on empowerment. They will:

- Learn and practice basic skill-building activities and drills with a focus on improving your passing, hitting and serving skills.
- Reflect on the concepts of determination, courage, and passion.