**Students and families:**

During the next 4 weeks, we will be building basic Roundnet skills. Roundnet is the sport played with SPIKEBALL equipment. It’s okay if you don’t have a SPIKEBALL set at home. You can use any small ball or even a sock-ball to practice. For a net, you can use a hoop or create a net-sized circle with a rope.

Keep this page in a safe place. It’s a checklist of everything that you will need to complete during this 4-week *SPIKEBALL CHALLENGE* experience! But, if there’s ever a time when you need a copy of our learning materials, you can visit: [OPENPhysEd.org](http://www.openphysed.org/penow) to download activity pages, assignments, and watch video demonstrations of the learning activities that we’ll be using in physical education class.

**Secondary Students Physical Education Checklist for SPIKEBALL Challenge**

|  |  |
| --- | --- |
| **CHECK**  | **WEEK 1 of 4** |
|  | Attend physical education class, have fun, and stay healthy and safe. |
|  | Complete the SEL Concept Square for Determination via this Google Slide. |
|  | Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include Roundnet practice at least 3X per week. |
|  | **WEEK 2 of 4** |
|  | Attend physical education class, have fun, and stay healthy and safe. |
|  | Complete the SEL Concept Square for Courage via this Google Slide. |
|  | Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include Roundnet practice at least 3X per week. |
|  | **WEEK 3 of 4** |
|  | Attend physical education class, have fun, and stay healthy and safe. |
|  | Complete the SEL Concept Square for Passion via this Google Slide. |
|  | Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include Roundnet practice at least 3X per week. |
|  | **WEEK 4 of 4** |
|  | Attend physical education class, have fun, and stay healthy and safe. |
|  | Complete the SEL Reflection Guide for Passion via this Google Slide. |
|  | Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include Roundnet practice at least 3X per week. |