



ROUNDNET CHALLENGES
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 1 of 4

Challenge: A task or situation that tests a person's abilities and resolve.

The challenge of learning new Roundnet skills tested the students' determination and focus.

Zero Gravity: [[YouTube](#)]

Your Challenge: Keep 3 balloons in the air for 1 minute.

Stand in personal space holding three balloons. On the start signal, toss the balloons into the air. Tap or volley the balloons to prevent them from touching the ground. You must keep all 3 balloons in the air for 1 minute.

Download or stream 1-Minute Challenge Music on [Apple Music](#) or [Spotify](#)

Purposeful Practice

WEEK 1 of 4

Pass: To transfer something from one person to another or from one spot to another.

Fiver's advanced ability to pass the Spikeball to his teammate gave him an advantage during game play.

Passing Challenges 1: [[YouTube](#)]

Your Challenge: How many self-passes can you make in a row?

5 in a row = Bronze Medal

10 in a row = Silver Medal

20 in a row = Gold Medal

Level 1: Underhand passes only

Level 2: Overhand passes only

Level 3: Overhand & underhand passes

Just for Fun (and health)

WEEK 1 of 4

Determination: Certainty and firmness about a purpose with a willingness to work toward that purpose.

Kendra demonstrated determination as she worked to help her family live a healthy and active lifestyle.

Ted Talk: Overcoming Challenges
[[Video Link](#)]

Take a few minutes to watch this Ted Talk on overcoming challenges.

Complete the SEL Concept Square for Determination after you watch the Ted Talk. [[Google Slide Link](#)]