*WEEK 2 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**](https://youtu.be/tHjQ0bOKWFk)**]**

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 4: Underhand pass non-dominant

Level 5: Either pass alternating hands

Level 6: Either pass while jogging

*WEEK 2 of 4*

**Courage:** The ability and willingness to overcome fear in order to accomplish a goal or complete a task.

*Cara’s courage allowed her to pursue her career and personal goals despite incredible challenges.*

**Ted Talk: The Beautiful Balance Between Courage and Fear  
[**[**Video Link**](https://www.ted.com/talks/cara_e_yar_khan_the_beautiful_balance_between_courage_and_fear?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare)**]**

Take a few minutes to watch this Ted Talk on allowing courage and fear to coexist.

Complete the SEL Concept Square for Courage after you watch the Ted Talk. [[Google Slide Link](https://docs.google.com/presentation/d/1O1GRnI-XFWWWVz6fD1BJsfGghsjWcuiS6wrNnfNAx3Y/copy)]

*WEEK 2 of 4*

**Effort:** A determined attempt.

*Sila’s continued effort allowed her to overcome her greatest challenge.*

**Book End: [**[**YouTube**](https://youtu.be/LSap5ALlM7s)**]**

Your Challenge: Score points by standing up while balancing a book on your head as many times as you can in 1 minute.

If you successfully move from a seated to a standing position without the book falling off your head, you score a point. Sit back down and try again.

*Download or stream 1-Minute Challenge Music on* [*Apple Music*](https://music.apple.com/us/album/1-minute-challenges/631219187) *or* [*Spotify*](https://open.spotify.com/album/1XZQC0B2bRVRp4MVNcDWRh?si=H4b-AuSeTi2nMsXiLFcFCw)