



ROUNDNET CHALLENGES
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 2 of 4

Effort: A determined attempt.

Sila's continued effort allowed her to overcome her greatest challenge.

Book End: [\[YouTube\]](#)

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](#) or [Spotify](#)

Purposeful Practice

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: [\[YouTube\]](#)

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

Just for Fun (and health)

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
[\[Video Link\]](#)

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.
[\[Google Slide Link\]](#)