



ROUNDNET CHALLENGES
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 3 of 4

Focus: To concentrate on the process of completing a specific task or accomplishing a goal.

Skyler's focus allowed him to become a very skilled Roundnet player.

Jacks Flash: [\[YouTube\]](#)

Your Challenge: Remove all 6 pieces of paper by rolling every number on a 6-sided die in 1 minute.

Roll a die and do that number of jumping jacks. Next, remove the paper with the number that you rolled. Repeat until all papers are removed or 1-minute expires.

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

Purposeful Practice

WEEK 3 of 4

Hit: To strike an object toward a specific target.

There are several ways to hit a Spikeball to the net.

Hitting Challenges: [\[YouTube\]](#)

Your Challenge: How many hits in a row can you place on target (hitting the net)?

3 in a row = Silver Medal
5 in a row = Gold Medal

- Self-toss and hit the ball onto the net
- Self-toss towards the net and hit while moving
- Self-toss and hit onto the net using non-dominant hand

Just for Fun (and health)

WEEK 3 of 4

Passion: The collection of your life experiences that give you the deepest sense of fulfillment.

Noeline turned her passion into meaningful work that empowers young people to find their own passion.

Ted Talk: 2 Questions to Uncover Your Passion
[\[Video Link\]](#)

Take a few minutes to watch this Ted Talk on turning passion into meaningful work.

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