

Spikeball™

Teacher Talk

[Soccer Nation Week 1 Sample Script]

Brain & Body Warm-Ups

Today is the first lesson in our OPEN SPIKEBALL CHALLENGE physical education module. In this unit, we will be working on building basic ball Roundnet skills. SPIKEBALL CHALLENGES are a part of this year's OPEN National Field Day for High Schools. We'll be participating in those events and activities during class, including some fun Minute To Win Challenges.

The first challenge we'll attempt is called Zero Gravity. We'll all start and stop at the same time on my signals and my timer. The object of this challenge is to keep 3 balloons in the air for 1 minute. On the start signal you'll toss the balloons in the air and tap or volley the balloons to prevent them from touching the ground.

If you don't have a balloon you can use the ball you'll be using for your SPIKEBALL practice and attempt self-passing skills to keep the ball in the air.

Purposeful Practice

During our Purposeful Practice time, we will practice passing skills. Passing is one of the foundational skills in Roundnet and is absolutely necessary for game play. There are two types of passes – underhand passing and overhand passing. Let's watch this short video to get an overview of passing from the team at SPIKEBALL ([WATCH THIS VIDEO LINK](#)).

Now that we have an understanding of how passing is used and the skills cues for performing each pass, let's work on Levels 1 through 3 of the self-passing challenges. If you can perform 5 passes in a row you earn a bronze medal; 10 passes in a row is a silver medal; and 20 in a row is a gold medal. Begin on the start signal and freeze on the stop signal.

Just for Fun (and health)

During the Just for Fun and Health section of the SPIKEBALL CHALLENGE module, we'll focus on social and emotional concepts that can improve our overall wellbeing and help us achieve our goals. This week we'll focus on Determination.

Let's watch this short Ted Talk about determination. Then, we'll complete the concept square using a Google Slide. After you fill out your Google Slide, we'll discuss our ideas and thoughts on this important social and emotional learning concept.

