**Physical Activity & Personal Health**

**Question Set 1**

1. What are two types of passing used in Roundnet?
2. What do you know about performing each pass?
3. How is passing used on offence during Roundnet game play?

**Question Set 2**

1. What is effort?
2. How does effort affect you and your success?
3. What does effort look like in your daily life?

**Question Set 3**

1. What is focus?
2. How is focus related to hitting in the game of Roundnet?
3. Let’s make a list of ways that we can improve our focus.

**Question Set 4**

1. What is a serve?
2. What different sports and activities require a serve?
3. Why is it important to practice serving?

**Social & Emotional Health**

**Question Set 1**

1. What is determination?
2. How does determination help you work toward goals?

**Question Set 2**

1. What is courage?
2. How is courage related to fear?

**Question Set 3**

1. What is passion?
2. What are examples of personal passions?

**Question Set 4**

1. What is fulfillment?
2. What are examples of things that bring people fulfillment?