



Weekly Learning Targets

Students and families:

During the next 4 weeks, we will be building basic Roundnet skills. Roundnet is the sport played with SPIKEBALL equipment. It's okay if you don't have a SPIKEBALL set at home. You can use any small ball or even a sock-ball to practice. For a net, you can use a hoop or create a net-sized circle with a rope.

Keep this page in a safe place. It's a checklist of everything that you will need to complete during this 4-week *SPIKEBALL CHALLENGE* experience! But, if there's ever a time when you need a copy of our learning materials, you can visit: [OPENPhysEd.org](https://openphysed.org) to download activity pages, assignments, and watch video demonstrations of the learning activities that we'll be using in physical education class.

Secondary Students Physical Education Checklist for SPIKEBALL Challenge

CHECK	WEEK 1 of 4
	Attend physical education class, have fun, and stay healthy and safe.
	Complete the SEL Concept Square for Determination via this Google Slide.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include Roundnet practice at least 3X per week.
WEEK 2 of 4	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete the SEL Concept Square for Courage via this Google Slide.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include Roundnet practice at least 3X per week.
WEEK 3 of 4	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete the SEL Concept Square for Passion via this Google Slide.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include Roundnet practice at least 3X per week.
WEEK 4 of 4	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete the SEL Reflection Guide for Passion via this Google Slide.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include Roundnet practice at least 3X per week.

