



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