*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**](https://youtu.be/qdLOLU1IxQM)**]**

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

*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**](https://www.ted.com/talks/noeline_kirabo_2_questions_to_uncover_your_passion_and_turn_it_into_a_career?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare)**]**

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](https://docs.google.com/presentation/d/1O1GRnI-XFWWWVz6fD1BJsfGghsjWcuiS6wrNnfNAx3Y/copy)]

*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**](https://youtu.be/tHhm5lU3EqY)**]**

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*](https://music.apple.com/us/album/1-minute-challenges/631219187) *or* [*Spotify*](https://open.spotify.com/album/1XZQC0B2bRVRp4MVNcDWRh?si=H4b-AuSeTi2nMsXiLFcFCw)